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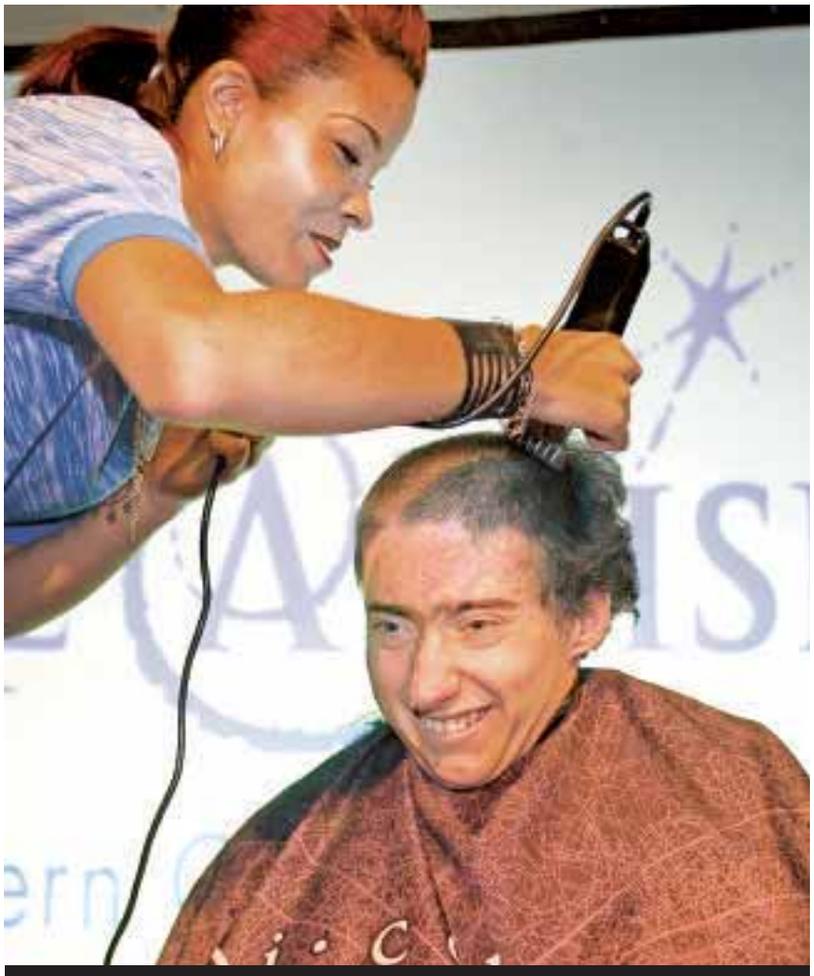
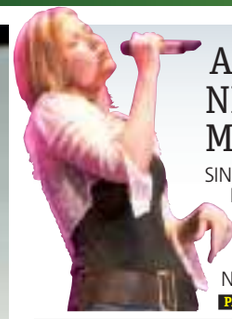


WHEN PUSH COMES TO SHAVE

Fanshawe College student Christopher Madden sits tight as Miranda Twiner from the school's Fringe Salon takes a razor to his blue locks. The shaving on Wednesday was a kickoff to Fanshawe's seventh-annual Go Blue! Go Bald! campaign for the Make-A-Wish Foundation. As a child, Madden had a wish, which included meeting pro golfer Mike Weir, fulfilled by the foundation. Now, he said, it's time to give back and help others. MARK SPOWART/FOR METRO



A BURNING NEED TO MAKE MUSIC

SINGER-SONGWRITER DIDO TALKS TO METRO ABOUT THE MELTING POT OF INFLUENCES ON HER NEW ALBUM

PAGE 21

No Metro on Friday

Metro will not be publishing over the Easter weekend. We'll be back on Monday

NEWS WORTH SHARING.

Putting student mental health on the couch

The doctor is in.
Services inadequate as more students seek help, advocates say

ANGELA MULLINS
angela.mullins@metronews.ca

Stress is nothing new at university and college, what with the anxiety that comes from exams, debt and leaving home.

But these days, instead of bottling up all that tension, undergrads are starting to talk about their problems, a trend that's pushing campus mental-health services to the limit.

"Lineups are getting longer at counselling offices," said Eric Windeler. "More students are presenting themselves, requesting help."

Windeler should know. He's been travelling the country talking to teens and young adults about the importance of speaking up. Windeler is founder of The Jack Project, started after his son, Jack, committed suicide in 2010 while at Queen's University.

He was in London this week, speaking to students at Fanshawe College. "People need to understand that, for young people, mental health is the number-one health issue," he said. "Families, educators and young people need to understand this and learn to understand the signs and symptoms in themselves."

With the topic pushing to the forefront on many campuses, the Ontario Undergraduate Student Alliance has been lobbying provincial legislators to do something. The province took a big step forward on Tuesday, announcing $27 million over three years for campus mental-health programs.

It's something Windeler thinks could have saved his son's life. "Jack represents exactly the population we're trying to find, the people who don't speak up and don't get identified … but could succeed if they just got help."

Funding on the way

- The first stream of money coming from the province's $27-million Mental Health Innovation Fund is $12.3 million for 10 new programs including a help line for post-secondary students.

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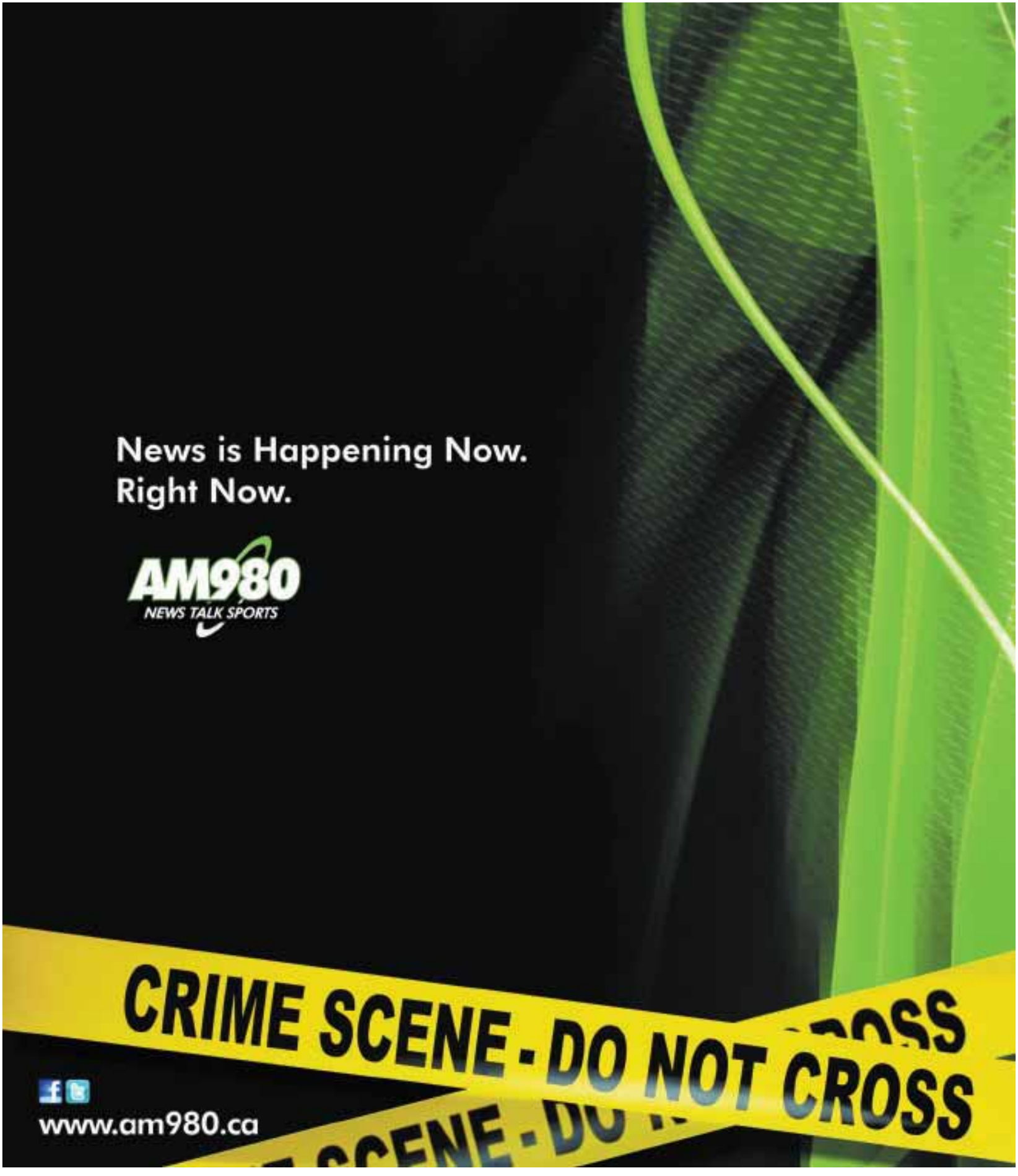
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High risk to children

Police issue warning about sex offender

London police are warning the public that a convicted sex offender is moving to the city.

Robert Bell
CONTRIBUTED

Robert Albert Bell, 57, has been released from a federal prison after serving a sentence for invitation to sexual touching. His criminal record also includes convictions for indecent assaults on young children and sexual assaults.

A psychological assessment found that Bell has a high risk of reoffending, police said.

He was expected to arrive in London on Wednesday. His address has not been released. METRO

Easter events

London gets eggy with it

National Service Dogs will get rolling on Easter Friday with an egg hunt for dogs at Fleetwood Farms (9282 Elviage Dr.).

Registration is $25 per family and starts at 10 a.m. The hunt starts at 11 a.m. with dogs sniffing out eggs filled with Milk Bones and tickets for raffle contests.

Citi Plaza (355 Wellington St.) has a free Easter celebration planned from 10 a.m. to noon Saturday.

The Optimist Club of Byron will have its annual egg hunt Saturday at Boler Mountain (689 Griffith St.). Registration is at 11 a.m.; the hunt starts at noon. METRO

Manufacturing slowly making comeback: Expert

Two London companies are leading the way to providing hope for a more robust manufacturing sector.

The Original Cakerie has pushed up plans for expansion after growing faster than forecasted, and Sodecia will build a new facility on 60 acres in a Veteran's Memorial Parkway industrial park, said Peter White, president and CEO of the London Economic Development Corp.

City council approved selling land to Sodecia, which already has a plant on Sovereign Road, on Tuesday.

The Portuguese auto-parts manufacturer plans to create about 100 new positions with its expansion. The company employs about 200 people right now.

"They will be building a full manufacturing facility as well as housing research and development," White said.

The automotive-manufacturing sector is, as a whole, on the upswing, White said, as new car sales return to pre-recession levels.

At the Cakerie, also on Veteran's Memorial, officials plan to install a new production line this spring and will relocate research-and-development jobs to London from British Columbia.

The Forest City scored the company in 2008, beating out stiff competition across North America. The confectionary company makes sweet treats for Sobey's, Costco, M&M and caterers.

"They had original plans for a three-to-five-year time period before expanding, but staff have worked out really well in London," White said. "They have an outstanding product, we have great local supply and they are really pleased with the facility."

MARK SPOWART/FOR METRO

More to come?

- Peter White, president and CEO of the London Economic Development Corp., hinted Wednesday that more positive news could be coming soon on the jobs front.
- The agency is working "on a number" of projects and expects "strong announcements in the next six months," he said.

Hospital launches social network for young patients

London Health Sciences Centre outpatient Caitlin Cahill, 13, left, and inpatient Emma Black, 14, both of London, give Upopolis a try during the social network's Wednesday launch. JOHN MATISZ/METRO

Upopolis. Site keeps kids plugged in, officials say

JOHN MATISZ
john.matisz@metronews.ca

Young people who land in a bed at London Health Sciences Centre will have one less comfort of home to miss.

The hospital launched Upopolis on Wednesday — a Facebook-esque social networking site for children and young adults.

Unplugging while in the hospital can be a challenge for youngsters, LHSC executive vice-president Laurie Gould said.

"(For) anyone who has a child in the hospital, five days is a lifetime. And it can be a very stressful time," Gould said.

Upopolis, already launched at health-care facilities across the country, operates on a secure network and allows users to connect with their parents and people in other hospitals.

When logged in, users can befriend each other, send private messages and chat on a public forum. Users can also change their status, much like Facebook, and micro-blog, similar to Twitter.

"It's easy to use. I love that it's so private," said Caitlin Cahill, 13, of London, who tried the site during Wednesday's launch. "On other social networking sites, like Facebook, anyone can see anyone."

Gould says Upopolis gives patients the "ability to not feel alone and isolated," reducing the anxiety that comes along with hospitalization.

Measuring up

- Children's Hospital at London Health Sciences Centre is the ninth facility to offer Upopolis and the first in southwestern Ontario.

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Scott Maclean, a member of Save Lorne Ave. School, says the bumped-up public meeting will force the advocacy group to scramble to argue its position. MARK SPOWART/FOR METRO

Lorne Ave. meeting bumped up, forcing group to scramble

Save Lorne Ave. School. Public input to be taken nearly a month earlier than planned

MARK SPOWART
london@metronews.ca

The Thames Valley school board has changed the date of a public-input session on closing Lorne Avenue Public School, angering those fighting to keep it open.

Originally scheduled for May 14, the meeting has been moved to April 23. Presentations must be submitted to the board by April 11.

The cutoff date is two days after the school board's next meeting, during which district officials could unveil a list of recommendations for actions that would keep the school open.

Scott Maclean, a member of Save Lorne Ave. School, says the new timeline will force them to scramble.

"It will certainly affect our ability to respond," he said.

School-board chair Joyce Bennett said the date for public input was changed because of a scheduling problem.

School-board trustees have recommended that the Old East Village school, which serves about 200 students, be closed.

A committee appointed to review the recommendation wants the school to stay open. A final decision is slated for June.

Who's to blame?

- Scott Maclean of Save Lorne Ave. School says low student enrolment is the result of poor management by the Thames Valley school board.
- The board "pulled programs" at the school, leaving "empty spaces," Maclean says.
- "The problems they are having are self-made," he says.

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Minority. Liberals support NDP motion to cut auto insurance premiums

Ontario's Liberal government will vote for an NDP motion calling for a 15 per cent cut in auto insurance premiums, but don't bank on big savings just yet.

Premier Kathleen Wynne says the Liberals will support the NDP's motion, which is not binding on the government, because auto insurance rates are too high, especially in the Greater Toronto Area.

The New Democrats want the government to order a 15 per cent premium cut because of big savings insurers realized after the province altered coverage rules in 2010.

Kathleen Wynne METRO

But Wynne wouldn't commit to that today, saying the specific mechanisms to lower premiums may not be the one laid out in the NDP's motion.

The Liberals have maintained the best way to reduce insurance premiums is to combat fraud, the same position taken by the Insurance Bureau of Canada.

Wynne says she wants to implement the recommendations of an anti-fraud task force as one way to bring down rates.

The move by the Liberals to vote for the motion shows the minority government is willing to respond to demands the NDP has made to support the upcoming budget and avoid triggering a provincial election. THE CANADIAN PRESS

Wild animal rehab centre looking for a bigger place

Salthaven Wildlife Rehabilitation. Centre wants to raise $1.2M to build a larger facility

JOHN MATISZ
john.matisz@metronews.ca

A local animal rehabilitation centre is in dire need of new digs — and it just might have found a partner that can help fix the problem.

Salthaven Wildlife Rehabilitation and Education Centre, currently in Mount Brydges and looking to relocate to just north of London, fielded about 4,000 calls for help in 2012. But because of limited space, they were only able to admit 996 animals.

The centre has set a lofty goal of raising $1.2 million to build a bigger facility. Students at London's Woodland Heights Public School recently signed onto the cause, launching a penny drive to help, one tiny cent at a time.

Students were excited to get involved with the effort, and it's exactly the kind of community work that allows them to "get engaged," Woodland teacher Tammy Scott said.

So far, Salthaven has raised about 15 per cent — or $180,000 — of its goal.

"In the soft economy, the environment takes a backseat on the bus," Salthaven founder and director Brian Salt said. "It's difficult from our perspective here at Salthaven because we're working long, hard hours rehabilitating animals."

An unnamed benefactor has offered the rehab land where they could build the facility.

"(The offer has) been on the table now for a better part of a year-and-a-half," Salt said. "We're in desperate need of a fundraising manager."

TO LEARN MORE, VISIT SALTHAVEN.ORG

Salthaven Wildlife Rehabilitation and Education Centre volunteer Kim Mitchell shows off a falcon to Woodland Heights Public School students. JOHN MATISZ/METRO

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Extracurriculars. Grits must have given teachers a special deal: Tories

The governing Liberals must have given public elementary teachers a special deal to resume extracurricular activities, the Progressive Conservatives charged Wednesday.

Premier Kathleen Wynne is refusing to provide any details to taxpayers about what's going on behind closed doors with the teachers' unions, said Tory education critic Lisa MacLeod.

"She talks about clarity, yet she refuses to provide any details," she said. "Is she prepared to water down standardized testing in the province at the behest of teachers' unions? Was there a promissory note for future negotiations to talk about future increases to teachers' salaries?"

But Wynne insists there's no special deal and no new money for public high school and elementary school teachers.

Her government is working with the unions on a new process for collective bargaining and how it will be implemented for the next round of negotiations once the current contracts expire in two years, she said.

Over the last few years, new collective agreements have been reached through a so-called provincial roundtable, where representatives for the government, school boards and unions hammer out a framework agreement.

The Elementary Teachers' Federation of Ontario said Tuesday that it's lifting a ban on voluntary or extracurricular activities. The union said it reached the decision in light of the progress made in talks with the government. THE CANADIAN PRESS

TEDxWesternU. Speakers hope to change the world

Diving with sharks. Creating "skin" for buildings. Sailing with pirates on the fringes of capitalism.

Those are just a few of the ideas coming to Western University on April 5 during TEDxWesternU.

The event, aimed at developing creative solutions and fostering change, will take place in the Paul Davenport Theatre. Eleven speakers will address about 100 students chosen to represent each of the university's faculties.

'Ideas worth spreading'

TED is a nonprofit organization with the motto "Ideas worth spreading." During events, people are asked to give talks about various topics with hopes of sparking a movement around it.

The event will be streamed live tedxwesternu.com. METRO

Business students get stuffing

From left, Zehra Boolani, Chris Cansick and Rebecca Ho, all of Toronto and all master of business administration students at Western University, stuff envelopes Wednesday at the main branch of the London Public Library. Students from the Richard Ivey School of Business marked Ivey Impact Day by fanning out across the city, taking on community work ranging from office tasks to mentoring young students looking to start businesses.

MARK SPOWART/FOR METRO

Tourism London eyes Leafs camp, other sporting draws

Looking ahead.
Organizers aiming to build off success of skating championships

JOHN MATISZ
john.matisz@metronews.ca

Fresh off the successful 2013 World Figure Skating Championships, London is looking to play sporting-event host once again, albeit on a smaller scale.

Cheryl Finn, director of sport tourism at Tourism London, says she has identified three main events the city could potentially attract in addition to the 2014 CHL Memorial Cup.

Lots to offer

Cheryl Finn says the city is a great place for sporting events because of:

- A strong volunteer base
- Excellent accommodations
- A solid track record with past events

First and foremost, Finn wants the Toronto Maple Leafs rookie camp back in town.

In 2011, rookie squads from four NHL organizations — the Leafs, Montreal Canadiens, Pittsburgh Penguins and Ottawa Senators — played a tournament at what's now Budweiser Gardens. Due to labour negotiations between the NHL and its players' union, the 2012 camp was cancelled.

Although nothing is nailed down yet, Finn says Tourism London is confident it can nab the summer showcase again this year.

"That was a nice piece for us, and it's always good to partner with hockey organizations of that calibre," she said.

Tourism London is also targeting possible hosting duties in the lead-up to the 2015 Pan-American Games. While Toronto is the actual host, Finn is pushing to attract training camps for track-and-field along with swimming.

Rounding out the trio is a Canadian university or college championship.

Finn says officials haven't figured out which sports to target yet, but they plan on working with Western University and Fanshawe College to win an event or two.

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Bruised Knights still on warpath

OHL. London Knights star Seth Griffith not yet back up to speed

All things considered, a Saginaw Spirit-styled Cinderella sports story is unlikely to play out in the coming days.

The London Knights, dangling the eighth-seeded Spirit's playoff hopes by a thread, won handily Tuesday, 7-1. Similar efforts from the Knights in Thursday's Game 4 should complete the best-of-seven sweep.

The post-season has already been a launching pad for London's second-tier offence. Forwards Chris Tierney and Alex Broadhurst have been a headache for the Spirit all series.

Teammate Seth Griffith, on the other hand, has struggled in the background. The best player on the league's best team has been relatively quiet after missing 14 games with a bashed-up shooting hand. The Boston Bruins fifth-rounder recorded his first point Tuesday.

Griffith's goals

"I want to start getting the puck a lot more, getting in those dirty areas. ... This next game in Saginaw is going to be good to start doing that."

London Knight's star Seth Griffith, who is still recovering from an injured hand.

Tierney has slid into Griffith's usual spot on the top trio, joining Max Domi and Broadhurst. The new combo has been lethal so far, collectively registering 18 points.

Griffith admits he's been shy in the corners so far, avoiding body checks when he can. Fortunately for him, London's 3-0 series stranglehold should benefit the road to recovery.

Meanwhile, captain Scott Harrington is still a no-go. Harrington, suffering from an undisclosed upper-body ailment, is listed as day-to-day and will not play in Game 4.

JOHN MATISZ/METRO

Soaring into the heart of the storm

London Lightning forward Jeremy Williams launches a long-range jumper as Moncton Miracles centre Isaac Butts charges toward him during first-quarter action on Wednesday at Budweiser Gardens. The Lightning took Game 2 of the best-of-five National Basketball League of Canada semifinal series by a score of 89-78. They lead the series 2-0. JOHN MATISZ/METRO

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Iconic rodent. Some complain Wiarton Willie was wrong this year

The central Ontario town best known as the home of Wiarton Willie is coming to the defence of its furry forecaster.

The Town of South Bruce Peninsula, which includes the community of Wiarton, has issued a statement saying Willie is "still a valued prognosticator" despite grumblings about his accuracy.

The famous rodent did not see his shadow on Groundhog Day, indicating it would be an early spring, but some in his hometown complain.

However, Mayor John Close says the weather has been normal, but expectations are high following last year's balmy March. THE CANADIAN PRESS

Early spring?

Willie's American counterpart Punxsutawney Phil came under fire this week when a lawyer threatened to take him to court over his inaccurate forecast.

Mayor John Close of Wiarton listens to Willie in February. THE CANADIAN PRESS

Supreme Court sets rules on text message interception

Privacy rights.
Special wiretap orders needed before police can intercept texts, not ordinary search warrants

Police need special wiretap orders — not just ordinary search warrants — to intercept cellphone text messages as part of criminal investigations, the Supreme Court of Canada ruled on Wednesday.

In a 5-2 decision, the court sided with wireless carrier Telus by agreeing that text messaging is essentially another form of conversation and should receive the same protection to which private communications are entitled under the Criminal Code.

"Text messaging is, in essence, an electronic conversation," Justice Rosalie Abella wrote for the majority of the court.

"Technical differences inherent in new technology should not determine the scope of protection afforded to private communications.

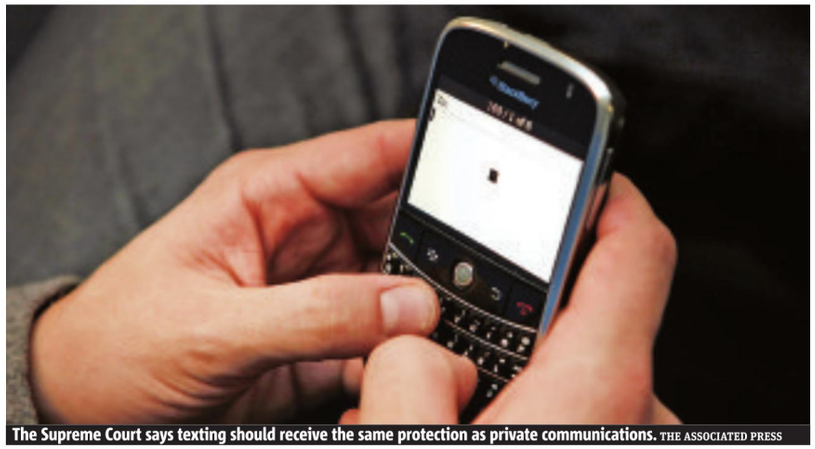
"The only practical difference between text messaging and traditional voice communications is the transmission process. This distinction should not take text messages outside the protection to which private communications are entitled," Abella wrote.

THE CANADIAN PRESS

Ruling

"We see it as a robust vindication of privacy rights in the digital age."

Abby Deshman of the Canadian Civil Liberties Association



The Supreme Court says texting should receive the same protection as private communications. THE ASSOCIATED PRESS

Liberal race. Harper, Mulcair pandering to 'fringes': Trudeau

With the finish line in sight, Justin Trudeau took his Liberal leadership bid to the financial heartland on Wednesday, accusing both Prime Minister Stephen Harper and NDP Leader Tom Mulcair of pandering to political extremism.

"We have two parties that are ideologically based around the fringes," Trudeau said. "Where the Liberal party needs to be focused on is the actual large mass of Canadians ... who are not driven by a specific polarizing issue."

Justin Trudeau
TORSTAR NEWS SERVICE

THE CANADIAN PRESS

Robocalls

Report calls for harsher punishments

Elections Canada is seeking greater powers to punish anyone caught impersonating one of its officials in the wake of the robocalls affair.

The agency released a report on Wednesday into false or misleading calls made during the last federal election.

The report urges the government to create a new offence that includes hefty fines and jail time for anyone caught pretending to be an Elections Canada official.

THE CANADIAN PRESS

Muzzling complaints spark debate among Tory MPs

Conservative MP Mark Warawa gets set to appear before the Commons house affairs committee on Wednesday in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Freedom of speech. Concerns PM's desire to keep abortion issue closed is trumping freedom of debate

Conservative MPs are grappling with the issue of party control and freedom of speech in Parliament after a handful of their colleagues complained they're being muzzled.

The subject was discussed at the weekly caucus meeting, but there appeared to be no resolution.

Vancouver-area MP Mark Warawa has complained to the Speaker of the House of Commons that his right to make statements on a subject of his choice before question period has been stifled.

Some MPs sided with Warawa, while others suggested he was offside.

"A member should be able to make a statement on any issue they think is important to themselves or their constituencies," said Tory MP Kyle Seeback. "Mr. Warawa's (member's statement) should not have been taken away."

Alberta Tory MP Leon Benoit, who had originally backed Warawa's complaint before the speaker, suggested that some measure of peace had been achieved at the weekly meeting.

"We had a really good caucus meeting, and the prime minister's as usual shown good leadership and I appreciate that," Benoit said. "He's a great leader. It was a good discussion."

THE CANADIAN PRESS

Quoted

"A member should be able to make a statement on any issue."

Kyle Seeback, Conservative MP

Insane wife killer. Court tosses province's claim to life insurance payout

Ontario's Superior Court of Justice has ruled it would be "manifestly harsh" and "clearly not in the interests of justice" to order cash from a murdered woman's life insurance policy to go to the province rather than to the mentally ill husband who killed her.

The case involved Ved Dhingra, who killed his wife Kamlesh in 2006 but was found not criminally responsible due to a mental disorder.

While the court agreed with the province's argument that the life insurance payout claimed by Dhingra was proceeds of unlawful activity, it found it would not be just for Dhingra to forfeit the funds and consequently dismissed the Attorney General's application. THE CANADIAN PRESS

Civil Remedies Act

The Civil Remedies Act, enacted in 2002, aims to prevent criminals from profiting from wrongdoing.

- It does not exempt a person found not criminally responsible on account of mental disorder.

Unscheduled landing

Boozy passenger disrupts flight

An Air Transat flight from Vancouver to the United Kingdom had to make an unscheduled landing in Nunavut because of a drunken and unruly passenger.

RCMP said the plane was diverted early Wednesday to the territorial capital of Iqaluit because the 39-year-old man was belligerent and acting aggressively.

He had to be restrained by flight attendants and other passengers. THE CANADIAN PRESS

Cop killer found not criminally responsible

Mental illness. Three psychiatrists testified man was psychotic at the time he killed Toronto officer while on snowplow rampage

A man who killed a Toronto police officer with a snowplow showed no emotion Wednesday when he was found not criminally responsible.

Jurors reached the verdict in the trial of Richard Kachkar, 46, in the third day of deliberations.

The verdict means the jury believed Kachkar couldn't appreciate what he was doing when he hit and killed Sgt. Ryan Russell, 35, on Jan. 12, 2011, because he was mentally ill.

People who are found not criminally responsible are sent to mental health facilities for an indeterminate period of time and can be released only when a review board finds they aren't a significant threat to public safety.

But the judge in the case still allowed Russell's family to deliver victim impact statements.

Speaking directly to Kachkar, Russell's father Glenn said Kachkar had smashed his family into pieces.

"You have no idea how much grief and pain you have caused," he said. "When you ran my son down with that plow and left him bleeding to death in the snow, a large part of myself died."

The judge had told the jury there was "no doubt" Kachkar was driving the stolen snowplow, but what the jury had to consider was his mental state.

The man from St. Catharines, Ont., drove the plow around the city, hitting vehicles and crossing into oncoming traffic. THE CANADIAN PRESS

A man who killed Toronto police Sgt. Ryan Russell, pictured, with a snowplow has been found not criminally responsible. TORONTO POLICE SERVICE

LONDON TRANSIT NEWS

Good Friday, March 29, 2013

Buses will operate on a Sunday schedule on Friday, March 29, 2013 in observance of Good Friday.
Downtown Ticket Office will be closed on Friday, March 29. Regular service hours will resume on Saturday, March 30, 2013.

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london transit

You're Invited to LTC's Drop-in Sessions

The London Transit Commission will be holding Drop-In Sessions to offer the public an opportunity to visit information stations and discuss, with Administration and Commissioners, a variety of transit topics including the following:

- LTC's Accessibility Plan
- 2013 Service Plans - Conventional and Specialized Services
- Transportation Master Plan 2030
- Bus Rapid Transit Strategy
- Smart Card Technology/Fare Programs
- 2012 Annual Report

Date: Thursday, April 4, 2013
Location: Central Library (Stevenson & Hunt A room)
Afternoon session: 2:00 to 4:00 pm
Evening session: 6:00 to 8:00 pm

We are happy to accommodate any special needs - please advise us by March 28, 2013 of your requirements by calling Caroline Roy at 519-451-1340, extension 335.

Further information on transit service can be found on LTC's website at www.ltconline.ca.

1.4M viewers. Anti-rape video springs a surprise

Samantha Stendal's anti-rape video was simple, short and sweet. And it has captured 1.4 million viewers.

In the 26-second video, a woman is passed out on a couch and a guy leers at the camera, "Guess what I'm gonna do to her?"

The result is surprising: The guy fetches a pillow, a blanket and a glass of water and then says, "Real men treat women with respect."

Stendal, 19, a University of Oregon film major, decided to make the video because of the coverage of the Steubenville, Ohio, rape trial.

Two Steubenville High School football players were convicted of raping a girl who was passed out at a party.

TORSTAR NEWS SERVICE

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Bombshell on brink? U.S. gay ban may go

Top court drops hints. Judges may toss out law that prevents gay couples from getting benefits that go to married straights

Hoping for a game-changer: Same-sex marriage supporters rally Wednesday outside the U.S. Supreme Court in Washington, D.C., as it debated a key marriage concept. The court appeared poised to strike down a law that prevents legally married gay couples from receiving certain federal benefits. MARK WILSON/GETTY IMAGES

The U.S. Supreme Court appeared late Wednesday to be on the verge of dropping a gay-marriage bombshell.

It indicated it could strike down the law that prevents legally married gay couples from receiving federal benefits that go to married people.

After two days of intense debate, the court wrapped up its arguments over gay marriage in America.

And Justice Anthony Kennedy — often the decisive vote in a divided court — joined the four more liberal justices in raising questions about the provision of the federal Defence of Marriage Act that is being challenged at the Supreme Court.

Kennedy said the law appears to intrude on the power of states that have chosen to recognize same-sex marriages.

Other justices said the law creates what Justice Ruth Bader Ginsburg called two classes of marriage.

The federal law affects a range of benefits available to married couples, including tax breaks, survivor benefits and health insurance.

Same-sex marriage is legal in nine states and the District of Columbia, while 12 others recognize "civil unions" or "domestic partnerships" that grant the same benefits without full rights of marriage.

All the other U.S. states ban gay marriage in their constitutions.

THE ASSOCIATED PRESS

New logo

Gay marriage in the pink

Companies and celebrities are joining millions of social media users in posting this simple red and pink logo in support of gay marriage. The logo was offered for sharing by the Human Rights Campaign.

THE ASSOCIATED PRESS

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Marketing research shows web surfers actually read very little on a page. There are lessons in this info for web designers. SCOTT BARBOUR/GETTY IMAGES

Tracking the quick hits of web surfers

Research. Users focus on the first few search results down the page and only about a third of the way horizontally

Ian Everdell knows exactly where people's eyes generally go when browsing a web page, and how women act a little differently than men when it comes to reading online.

If you can even call it reading.

Everdell has it on good authority that Internet users typically aren't really reading at all on most web pages. Their eyes impatiently dart across the screen in search of something specific, or something interesting to pique their attention, but there's not much actual reading going on.

Front-end your web prose

"At the beginning of a headline, or a heading, or paragraph, people are seeing at most 12 to 15 characters," said Ian Everdell of Mediative.

- That means that the content of the writing has to be front-ended to catch attention, he said.

He knows because of the eye-tracking technology at the Toronto office of the marketing company Mediative, where web users sit down to do a little surfing and have their flits of vision recorded and studied.

Web designers can then see what viewers are looking at and what they're not.

THE CANADIAN PRESS

Spamhaus

Spam fighter attacked online

An Internet watchdog group responsible for keeping ads for counterfeit Viagra and bogus weight-loss pills out of inboxes around the world has been hit by a huge cyberattack, a crushing electronic onslaught that one expert said had already had ripple effects across the Web.

Spam-fighting organization Spamhaus said Wednesday that it had been buffeted by a massive denial-of-service attack since mid-March, apparently from groups angry at being blacklisted by the Geneva-based group.

"It is a small miracle that we're still online," said Spamhaus rep Vincent Hanna. Denial-of-service attacks work by overwhelming target servers with traffic. THE ASSOCIATED PRESS

BlackBerry

Sales data a test of comeback hopes

Investors will get a first glimpse Thursday of sales data for BlackBerry's new Z10 touch screen smartphone.

The Waterloo-based company is to report financial results for fiscal 2013 and for the fourth quarter ended March 2 before markets open, with options trades betting that the release will drive the company's stock higher.

BlackBerry's report will capture nearly a month of sales from the Z10, a sleek, multi-tasking handset running on a rebuilt BB10 operating platform that launched first in the U.K. on Jan. 31.

It will include no sales from the U.S., where the platform debuted last Friday.

TORSTAR NEWS SERVICE

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NADbank. 1.6M Canadians read Metro every day

The numbers are in — according to the latest NADbank newspaper research, 1.6 million Canadians from Halifax to Vancouver reach for a Metro newspaper every morning to find out what happened in their communities and around the globe while they slept, an increase of nine per cent over last year.

Every week, 3.9 million Canadians turn to their Metro for the latest news, an increase of 16 per cent. And that's only part of the story.

Metro Canada's total brand footprint — print, digital paper, website and news app — has reached a record 1.8 million daily readers and 4.1 million weekly readers.

"We've heard lots of chatter about the death of newspapers," says Bill McDonald, President of Metro English Canada. "But the truth is, more Canadians than ever before are turning to newspapers across all their platforms, and the growth has been driven by a combination of free dailies and digital properties.

"Our readers — active metropolitans — expect news, information and entertainment from the paper, the app and online, and these numbers tell us we're delivering on that expectation." METRO

Market Minute

DOLLAR
98.38¢
(-0.01¢)

TSX
12,699.65 (-6.73)

OIL
$96.58 US (+24¢)

GOLD
$1,606.20 US (+$10.50)

Natural gas: $4.08 US (+ 9¢)
Dow Jones: 14,526.16 (-33.49)

February inflation shows biggest jump in over 2 decades

Inflation shock. Hike in gasoline prices fuelled month-to-month rise — but figure is likely to be viewed as an anomaly

A steep increase in gasoline prices from January to February helped drive up consumer prices in Canada by a surprisingly strong 1.2 per cent. THE CANADIAN PRESS FILE

Consumer prices in Canada jumped by a surprisingly strong 1.2 per cent in February as a big hike in gasoline helped fuel the biggest month-to-month pop in inflation since January 1991 when Ottawa debuted the GST.

The one-month increase lifted the Canadian annual inflation rate by 0.7 point, also to 1.2 per cent, reversing a trend that had reduced annual inflation to 0.5 per cent in January, the lowest in more than three years.

Economists had expected inflation to start edging up, particularly as gasoline prices were known to have risen, but their best estimate was for a year-to-year increase of 0.8 per cent and a month-to-month increase of 0.7 per cent.

Despite the one-month inflation shock, analysts said Canadians had little to worry about and that the Bank of Canada will likely discount the report as an anomaly.

Derek Holt, vice-president of economics with Scotia Capital, noted the steep increase in gasoline prices from January to February — 8.4 per cent — is not being repeated in March. THE CANADIAN PRESS

Yoga pants recall

No need to bend over: Lululemon

Lululemon said Wednesday that no demonstrations of yoga or any other positions are needed to return the pricey black yoga pants that the company pulled from shelves last week after finding they were too sheer.

"We do not require guests to demonstrate the sheerness of their bottoms," said Sari Martin, who works for communications firm ICR and spoke on behalf of Lululemon.

The statement comes a day after the New York Post recounted one woman's tale of being asked by sales staff to bend over to prove the pants she was trying to return were sheer. Martin would not comment on the specific instance recounted by the Post, but said this is not standard policy for Lululemon staffers.

To the contrary, she said that people who bought the black Luon yoga pants since March 1, either online or in store, can return them for a full refund, "no questions asked." THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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HEY FANS, CAN I HITCH A RIDE?

HE SAYS

John Mazerolle
metronews.ca

Forgive me, true blue Blue Jays fans, for I have sinned. It has been 20 years since my last celebration. But this Prodigal Fan has returned, contrite, and ready to brush the home plate clean. I'm sorry.

I feel bad because I haven't cheered on the Jays since I was a teenager, way back when a major-league team could win a baseball championship without spending enough money to bail out Cyprus.

Twenty years ago, the Jays had an unusual nickname for a Toronto team: 'winners.' But after peaking in the early 1990s, the team settled into a couple of decades of mediocrity, like the baseball equivalent of The Simpsons, and I emphatically leapt from the bandwagon. Sorry.

Fast forward all the way to this off-season and the Blue Jays are finally expected to soar, because of a little thing called heart. Also: 70 googelty-gillion dollars, give or take. If you took all the $100 bills the Blue Jays have spent this off-season on new players and placed them end to end, you could flog a bunch of man-servants and order them to push the money into a big pile for you to swim in. That's how much money it is.

When I saw that the team was serious about winning, I jumped back on the Jays' bandwagon and bought a 20-ticket package. I feel guilty about it, but try to understand that this bandwagon has cool-looking spoilers and fancy rims and a lift kit that bounces to the bass of the OK, Blue Jays song. I'm so sorry.

Here's why I feel so guilty: As the frequent readers of this column know, I am a die-hard hockey fan of the sort who can tell you exactly where I was May 10, 1970, when Bobby Orr sailed through the air after scoring the Stanley Cup-winning goal for my Boston Bruins. That's right: I didn't exist yet.

So, bad example. But the point is I know when it happened, I know who passed him the puck, I know who the goalie was, I can name most of the team that fell on top of him even though I didn't start cheering for the logo on the sweater until two decades later.

I live and breathe the Boston Bruins. Wins improve my mood, losses sting like a puck in the shins.

The Blue Jays? Well, as I was writing this a friend asked me if I would join a fantasy baseball league. I laughed because I know nothing. To me, fantasy baseball is running the bases in slow motion and making out with Scarlett Johansson when I reach home plate.

Hence my guilt: I feel like I haven't earned the right to call myself a baseball fan. I haven't learned enough, and I haven't suffered enough.

But, in the end, that's why I decided to commit to baseball fandom. Because after a quarter-century of making myself sick, stressed, angry or distraught over hockey, I thought I'd try a sport where I can just relax and enjoy the game.

I know enough to have fun: I'm aware that about 20 years ago a player named Joe Carter hit a home run to win the World Series and leapt around the bases like he was 10. If someone on the new team could do that this year, that'd be swell.

I'll have a fine view from the bandwagon.

ZOOM

My sand, my preciousss

MATT CARDY/GETTY IMAGES

For Gollum, life's a beach

Sand sculptor Radovan Zivny works on a sand sculpture of Gollum, a character from J.R.R. Tolkien's The Hobbit and The Lord of the Rings.

This striking work is part of this year's Hollywood-themed annual Sand Sculpture festival in Weston-Super-Mare, England, due to open to the public on Good Friday.

Zivny, who has been sand sculpting for 15 years, uses basic implements to craft his works: a shovel, trowels, spatulas and a spoon. But the main challenge arises from how compact the sand is.

For the artist, sand sculpting at Weston-super-Mare is for the most part just about, "building an amusing park," he said. METRO WORLD NEWS

Lord of the Sand

"My work Gollum is all about expression, obsession and a sense of schizophrenia. I went for Gollum because he is a very unique character and has an interesting split personality. I think I managed to express him well enough."

Radovan Zivny, 39, sculptor and graphic designer from the Czech Republic, told Metro. The festival has existed since 2006, and has grown every year. The sculptures, which this year include Harry Potter, Batman, Yoda and more, take about two weeks to build.
Visit metronews.ca and check out our photo gallery.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Since we spend more time stuck in stupid real life than we do enjoying international tourist traps, it's up to webcams to allow us to live vicariously through them. Here are some streaming looks at some of the world's more unusual tourist spots.

Abbey Road

What's more entertaining than the persistent traffic-halting parade of people recreating a certain iconic album cover? Watching locals trying their best to politely dodge them. Click on abbeyroad.com/crossing

Panama Canal

A man, a plan, a canal and a webcam. Obviously, this unfolds at a leisurely pace, but checking in from time to time makes an impressive montage. Go to pancanal.com and click the multimedia tab.

Shibuya Crossing

Since my own attempts at filming a stroll across Tokyo's notoriously crowded scramble crossing ended up looking like Cloverfield, this is where I go to relive it. Visit goandroam.com, click Tokyo then Shibuya street cam.

Tweets

@metropicks asked: A man got $8K for the "pain" of listening to a Disney song over and over. What's your nightmare repeat song?

@Jer_Godfrey: my nightmare songs - barney theme song or anything from justin beiber!

@BrynnELangille: Mmm bop- Hanson

@mmmhustler403: I Knew You Were Trouble by Taylor Swift gave me a headache.

@hammertime9909: Bennie and the jets, no question about it. #benniebenniebennieben

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EB GAMES

Synopsis

Based on Hasbro's G.I. Joe toys and comics, Retaliation sees the G.I. Joe squad — Duke (Channing Tatum). Roadblock (Dwayne Johnson), Flint (D.J. Cotrona) and Lady Jaye (Adrianne Palicki) — framed for treason. Shut down by order of the president (Jonathan Pryce) they team with a rogue general, Joseph Colton (Bruce Willis), to battle venomous international terrorist organization Cobra and super villain Zartan (Arnold Vosloo).

- Richard: ●●○○○
- Mark: ●○○○○

Channing Tatum and Dwayne Johnson flex their muscles in G.I. Joe: Retaliation. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A real American no-no

Retaliation. Second instalment of the G.I. Joe series beats the tar out of viewers

Richard: Mark, I enjoyed watching GI Joe: Retaliation, but it wasn't the movie I thought it would be. It was written by the people who did Zombieland, so I expected a higher laugh to body count ratio. I didn't think it would be Zero Dark Funny or anything, but every now and again it would tease me with a line like, "They call it a water board, but I never got bored," that made me wish for more belly laughs and fewer bullets. What did you think?

Mark: The spirit of Michael Bay hangs over this movie like a shroud, suffocating it with inane plotting, cardboard characters and meth lab editing. I thought I disliked the first G.I. Joe but this one makes the original look like Citizen Kane. No wonder Charming Tater, or whatever his name is, had the smarts to limit his scenes to his contractual obligations only.

RC: This one makes the assumption that the audience has read the comics and knows the mythology surrounding the Joes (all you really need to know is that "Joes" rhymes with "heroes"), Cobra (the bad guys) and the various ninjas. That's where this movie lost me, story wise. I was glad the ninjas were there — there's a wild ninja chase in the middle of the movie — but their backstory muddies things up. Remind me again, is Storm Shadow a good guy or a bad guy?

MB: Couldn't tell. Same with the ninjas. They have a great scene on a mountain, though, the best in the movie. But otherwise, the film just crowds in as much action as possible, and hopes we'll find Jonathan Pryce as dastardly as he thinks he is. The rest of the cast seems a bit stunned by the plot, even The Rock, although Bruce Willis is a welcome arrival midway through. But it's like putting a fine béarnaise sauce on a rancid flank steak. In glorious 3D.

RC: I liked it more than you. I was content to sit back and watch things explode — the little flying bug bombs are cool — and watch The Rock flex his muscles, but I did feel the action scenes, while plentiful, were shot so that it was often difficult to tell who was beating the tar out of who.

MB: Me either, but in the end, I felt the movie was beating the tar out of me.

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In the mood for something Sinister?

The horror, the horror. Coming to a Cineplex theatre near you — four art-house flicks guaranteed to get your heart racing

CHRIS ALEXANDER
scene@metronews.ca

There was a time when edgy, new exciting indie horror films would almost always find homes in movie theatres. Cineplex's Front Row Centre Events and Raven Banner Distribution is celebrating that time with their adventurous Sinister Cinema series, a monthly program that places four unique art-house horror films into 25 theatres across Canada.

John Dies at the End (March 27)
Phantasm mastermind Don Coscarelli's utterly mad meditation on a drug called soy sauce that gives its addicts a euphoric, dimensional travelling high and then promptly turns many of them into monsters. Based on David Wong's equally demented novel, John stars genre star Clancy Brown and heavy hitter Paul Giamatti and is about as fevered and unclassifiable a film as it gets.

The Last Will and Testament of Rosalind Leigh (May 9)
Toronto horror hero Rodrigo Gudino (founder of Canadian genre magazine Rue Morgue) delivers a slow, strange supernatural drama about an antiques collector whose late mother's home is actually a shrine to an angelic cult. The immortal Vanessa Redgrave provides a supporting role.

American Mary (May 30)
From the social networking heroines The Soska Sisters comes this audacious, twisted and blackly comic thriller. In it Ginger Snaps star Katherine Isabelle plays a troubled med student who gets sucked into the perverse world of underground plastic surgery.

No One Lives (June 19)
Director Ryuhei Kitamura (Versus, Midnight Meat Train) delivers a gory and engrossing thriller where good and evil simply do not exist. There's only bad people and well, badder people. When a gang of thugs discover a crime scene witness in a jacked car, they think she'll be worth a pretty penny. Until they learn that the young woman in question is far from innocent.

CHRIS ALEXANDER, MWN

The Sinister Cinema series kicks off with John Dies at the End. HANDOUT

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No achy breaky hearts for O'Dowd

The Sapphires. Actor's attitude toward country music parallels his character's beliefs about the genre

RICHARD CROUSE
scene@metronews.ca

"Country and western music," says Chris O'Dowd, "is a very easy thing to deride."

In The Sapphires O'Dowd plays an Irish musician playing piano in Australia's outback bars in exchange for beer money. His life is spiraling downward until he discovers a group made up of four of talented Indigenous Australian sisters. Trouble is, he doesn't like the music they sing.

"When I met you," he says in the film, "you were doing all country and western things and that's fine, we all make mistakes."

For O'Dowd that speech was art imitating life. "My dad played guitar in pubs playing country and western music," he says. "So I feel like the whole speech I do about country and western music is something that has been pent up in me since I was 14. Carrying his guitar case to listen to bad Merle Haggard tracks."

"Country and western music is huge in Ireland. I don't know why. It's all Kris Kristofferson and a bit of Willie Nelson and Clint Black. Dad was really into it. Maybe it's that country and western has some origins in bluegrass and bluegrass has origins in Irish music. There's something going on there. And Irish people love a good whine. We're great at it."

In the film he convinces the girls to trade country for soul music and shapes them into a version of The Supremes.

"I wrote this speech about how country music is about loss, but soul music is also about loss — you've lost but you haven't given up — and that has a nice payoff in the film.

"Country music is kind of whiny," he says. "He left me, now what am I going to do with my life? Whereas soul music is like, 'I'm going to get that bugger back.' It's nice. It's a nice turning point in the film where we're not going to feel sorry for ourselves. That's an important element for the entire story. About moving on."

Thinking back on his teenage years, he speculates if his attitude might have been different if dear old dad had sung a different kind of music.

"I wonder if he had been an amazing Al Green-esque songster if I would have still said, 'This is so lame.' I wonder sometimes with people whose parents are cool. I've been working with Rashida Jones recently and I'm like, 'How can you not think your dad is cool?'"

Quoted

"Country and western music is huge in Ireland. I don't know why. It's all Kris Kristofferson and a bit of Willie Nelson."
Actor Chris O'Dowd

Chris O'Dowd stars in The Sapphires, which opens next week. HANDOUT

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 29 TO THURS., APR. 4 . TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

London

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

21 and Over (14A) Fri-Sun 11:30
G.I. Joe: Retaliation (PG) Fri-Sun 9:45 Tue 8:20
Hansel & Gretel: Witch Hunters (14A) Fri-Sun 8:20 Tue 10:15
Identity Thief (14A) Fri-Sun 8:10 Tue 9:55
No Films Showing Today (STC) Mon Wed-Thu
Olympus Has Fallen (14A) Fri-Sun 9:55 Tue 8:10
Warm Bodies (PG) Fri-Sun 11:30

Rainbow Cinemas London 355 Wellington St., 519-434-3073

The Call (14A) Fri-Thu 1:20-3:35-7:20-9:25
The Croods (G) No Passes Fri-Thu 1:15-3:30-7:15-9:20
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation (PG) Fri-Thu 1:10-3:40-7:10-9:30
The Host (PG) Fri-Thu 1:05-3:55-6:55-9:40
The Incredible Burt Wonderstone (PG) Fri-Wed 7:25-9:35 Thu 7:25
Jack the Giant Slayer (PG) Fri-Thu 1-3:25
Olympus Has Fallen (14A) Fri-Thu 12:50-3:50-7:05-9:45
Oz the Great and Powerful (PG) Fri-Thu 12:55-3:45-7-9:40

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Gerard Butler stars in Olympus Has Fallen. HANDOUT

Safe Haven (PG) Fri-Thu 7
Snitch (PG) Fri-Thu 9:15

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

Admission (PG) Fri-Mon 1:10-4-6:40-9:20 Tue-Thu 5:10-7:50
The Call (14A) Fri-Mon 1:40-4:15-7:20-9:45 Tue-Thu 5:50-8:15
The Croods (G) Fri-Mon 1:15-6:50 Tue-Thu 5:20
The Croods 3D (G) Fri-Mon 3:50-9:30 Tue-Thu 8
G.I. Joe: Retaliation (PG) No Passes Fri-Mon 1:20
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Mon 4:10-7:10-9:50 No Passes Tue-Thu 5:40-8:20
The Host (PG) Fri-Mon 12:50-3:50-7-9:55 Tue-Thu 5:30-8:25
Identity Thief (14A) Fri-Mon 1-3:40-6:30 Tue-Thu 5
The Incredible Burt Wonderstone (PG) Fri-Mon 9:15 Tue-Thu 7:45
Olympus Has Fallen (14A) Fri-Mon 1:30-4:20-7:15-10 Tue-Thu 5:45-8:30
Oz the Great and Powerful (PG) Fri-Mon 12:45-9:40 Tue-Thu 8:10
Oz the Great and Powerful 3D (PG) Fri-Mon 3:45-6:45 Tue-Thu 5:15

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

Admission (PG) Fri-Sun 2-4:50-7:40-10:20 Mon 2-4:50-7:40-10:15 Tue 4-7:40-10:15 Wed-Thu 8:15
The Croods 3D (G) No Passes Fri-Sat 12:05-2:35-5:05-7:40-10:15 No Passes Sun-Mon 12:30-3-5:30-8-10:30 No Passes Tue 4:55-7:30-10:15 No Passes Wed 1:15-7:05-9:35 No Passes Thu 7:05-9:35
Esmeralda Encore Presentation - Bolshoi Ballet (STC) Sun 12:55
G.I. Joe: Retaliation (PG) No Passes Fri-Sat 1-3:50-6:45-9:30 No Passes Sun-Mon 1-3:50-6:40-9:30 No Passes Tue 3:50-6:40-9:30 No Passes Wed-Thu 6:45-9:30 Star & Strollers Screening, No Passes Wed 1
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Sat 12-2:40-5:20-8-10:40 No Passes Sun-Mon 1:45-4:30-7:20-10:10 No Passes Tue 4:30-7:20-10:10 No Passes Wed 1:30-7:15-10 No Passes Thu 7:15-10 No Passes Fri-Mon 1:30-4:20-7:10-9:55 No Passes Tue 4:20-7:10-9:55 No Passes Wed-Thu 7:45
The Host (PG) Fri 1:10-4:20-7:20-10:20 Sat 1:40-4:20-7:20-10:20 Sun 1:55-4:50-7-10 Mon 1:10-4-7-10 Tue 4-7-10 Wed-Thu 6:55-9:50 Star & Strollers Screening Wed 1
The Incredible Burt Wonderstone (PG) Fri 12:15-2:45-5:15-7:50-10:30 Sat 4:45-7:50-10:30 Sun 4:20-7:50-10:25 Mon 2-5:10-7:50-10:25 Tue 5:05-7:45-10:20 Wed 1:25-9:55 Thu 7:20-9:55
Jack the Giant Slayer 3D (PG) Fri 1:50-4:40-7:30-10:30 Sat 1:30-7:30-10:30 Sun-Mon 1:35-4:40-7:30-10:20 Tue 4:40-7:40-10:25 Wed 7 Thu 7-9:55
Olympus Has Fallen (14A) Fri-Mon 12:40-4:10-7:10-10:05 Tue 4:10-7:10-10:05 Wed 1:20-6:30-9:20 Thu 6:30-9:20 Fri-Mon 1-3:50-6:40-9:25 Tue 4:50-6:40-9:25 Wed-Thu 7:15
Oz the Great and Powerful (PG) Fri-Mon 12:50
Oz the Great and Powerful 3D (PG) Fri-Sat 3:40-7-10:10 Sun-Mon 3:40-6:50-9:50 Tue 3:45-6:50-9:50 Wed 1:15-6:40-9:45 Thu 6:40-9:45
The Ten Commandments (STC) Sat 12:30 Wed 6:30

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21 and Over (14A) Fri-Sat 7:45-10:15 Sun-Wed 7:40-10:15
Admission (PG) Fri-Sat 12:15-2:50-5:25-8-10:35 Sun-Thu 1:25-4:05-7:05-9:55
The Call (14A) Fri-Sat 1:05-3:30-5:55-8:20-10:45 Sun-Thu 12:45-3:05-5:25-7:50-10:10
The Croods (G) No Passes Fri 1:40-4:10-7-9:30 No Passes Sat 11:10-1:40-4:10-7-9:30 No Passes Sun-Thu 1:10-3:50-6:50-9:20
The Croods 3D (G) No Passes Fri-Sat 12:10-2:40-5:10-7:40-10:10 No Passes Sun-Thu 1:40-4:15-7:20-9:50
Escape From Planet Earth (PG) Fri 12:30-2:45-5:30 Sat 11:25-12:30-2:45-5:30 Sun-Wed 12:55-3:15-5:30 Thu 12:55-3:15
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation — An IMAX 3D Experience (PG) No Passes Fri-Sat 12-2:40-5:20-8-10:45 No Passes Sun-Thu 1:45-4:30-7:15-10
G.I. Joe: Retaliation 3D (PG) No Passes Fri 2-4:40-7:15-10:05 No Passes Sat 11:20-2-4:40-7:15-10:05 No Passes Sun-Thu 2:15-5-7:45-10:30
The Host (PG) Fri-Sat 1:30-4:30-7:30-10:30 Sun-Tue 1:20-4:20-7:25-10:20 Wed 4:20-7:25-10:20 Thu 1:20-4:20-7:25-10:20 Star & Strollers Screening Wed 1
The Incredible Burt Wonderstone (PG) Fri-Sat 5-10 Sun-Thu 4:50-10:10
Jack the Giant Slayer (PG) Fri-Sat 12-2:30-7:25 Sun-Thu 2-7:30
Olympus Has Fallen (14A) Fri-Sat 1:50-4:40-7:35-10:25 Sun-Tue 1:15-4:10-7:35-10:25 Wed 4:10-7:35-10:25 Thu 1:15-4:10-7:35-10:25 Star & Strollers Screening Wed 1
Oz the Great and Powerful (PG) Fri-Thu 12:50
Oz the Great and Powerful 3D (PG) Fri-Sat 4-7:10-10:20 Sun-Thu 4-7:10-10:05
Spring Breakers (STC) Fri-Sat 1:20-3:40-6-8:20-10:40 Sun-Thu 1-3:20-5:40-7:55-10:20
Spy Kids (PG) Sat 11

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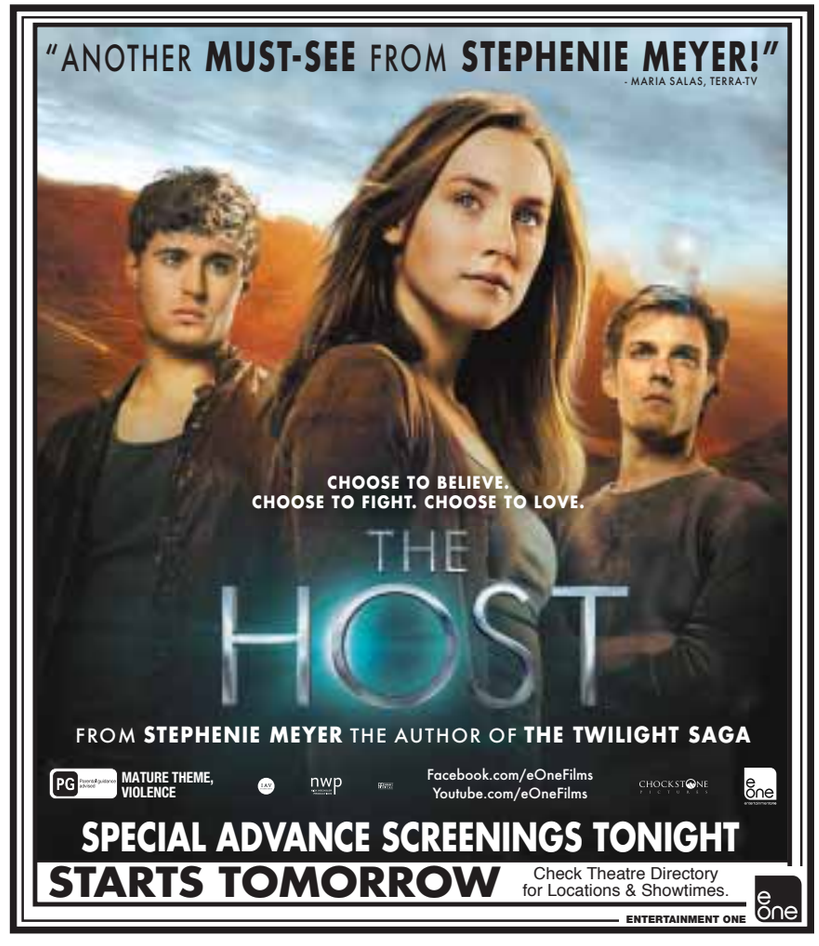

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Music videos from the fringe that are too hot for television

SOUND CHECK
Alan Cross
scene@metronews.ca

The cool thing about the Internet is that bands get to make videos that would have a hard time making it on TV.

Diane Young/ Vampire Weekend

Wherein the band greatly annoys Saab fans by torching some perfectly good cars.

Bad MF/Biting Elbows

When I posted this video from this unknown band on my website, traffic exploded. You've never, ever seen anything like this before. (Violence and coarse language! Definitely NSFW.)

Mind the App

Pinball wizards from the dark side

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

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Units: #2220 Lorne Shipman, # 3023 Veronica Sjaarda

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Timberlake. Album promotion had 20/20 vision on how to succeed

Justin Timberlake's comeback album has sold nearly one million units its first week out.

Nielsen SoundScan announced Tuesday that the singer's third album, The 20/20 Experience, has moved 968,000 units. It's the 19th album in Nielsen's 22-year history that has sold more than 900,000 albums in its debut week.

20/20 is Timberlake's third album and the follow-up to his multiplatinum, Grammy-winning 2006 album, FutureSex/LoveSounds. The new CD features the pop hit Suit & Tie.

"The numbers are pleasantly surprising," said Tom Corson, the president and chief operating officer of RCA Records, which released Timberlake's album.

The label had projected that 20/20 would sell 500,000 to 600,000 units, Corson said. Timberlake, 31, was strategic about promoting his comeback effort. He performed at the Grammy Awards, hosted and hit the stage at Saturday Night Live and spent an entire week on Late Night with Jimmy Fallon. The singer also partnered with Target for the album's deluxe edition and 20/20 streamed on iTunes a week before it was released.

Timberlake came up with the idea of a weeklong stint himself, Fallon said.

"I think he mentioned it to me like a year ago that he's working on something and wanted to do a week on our show," Fallon said Tuesday.

Justin Timberlake is swimming in success. HANDOUT/THE ASSOCIATED PRESS

Albums

Of the 19 albums to sell more than 900,000 in their debut week, Timberlake holds three slots

- **Numbers.** His albums with 'N Sync in 2000 and 2001 sold 2.4 million and 1.9 million in their first week.

20/20 is an unconventional album that features a mesh of R&B, soul, pop and futuristic sounds. The 10 tracks average seven minutes each.

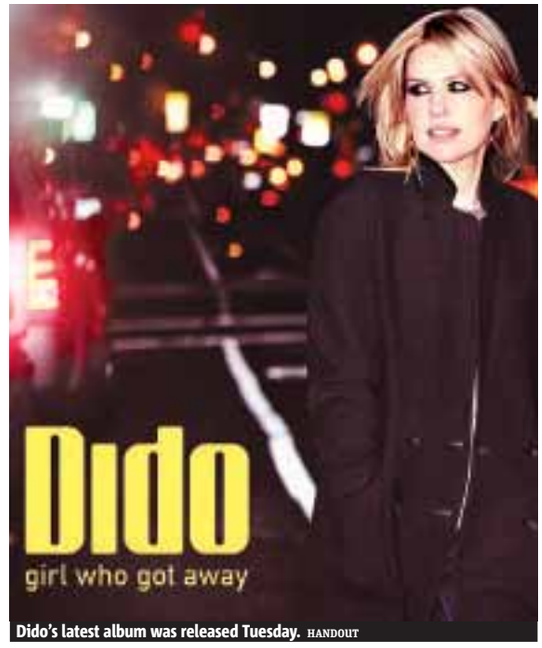
Corson believes Timberlake's key to promoting the album was "less is more."

"While it felt like he was everywhere, he didn't do a lot of things because he didn't have to. But he did big things," he said.

THE ASSOCIATED PRESS

Dido promises new album won't be one who got away

Life gets in the way. Singer's fourth album took more than a few years to get made but now that it's here she's hoping it's a success



Dido's latest album was released Tuesday. HANDOUT

Dido had been planning a relatively quick return to the spotlight after 2008's Safe Trip Home. She holed up in Los Angeles and London studios to record a set of electronic-tinged songs.

"I was busy telling everyone there was an album on the way," Dido said. "And then I found out there was a baby on the way instead."

She and husband Rohan Gavin welcomed their first child, a son named Stanley, in July 2011. Dido packed up the recordings to focus on family.

But then late last year, the 41-year-old English singer reached out to her brother, producer Rollo Armstrong, to finally put the finishing touches on her fourth album, Girl Who Got Away, released Tuesday.

The album has some electronica and dubstep influence. What were you feeling and listening to as you edged in that direction?

All the music you listen to in your life is all in like this big melting pot in your head and you can't help it. All the things you love just come out — whether it's dance music, hip-hop, folk. And I just love so many different types of music. ... It's similar to No Angel in that way in it's sort of unashamedly doing what I want.

But the thing that's holding it together is the songs and the same voice.

The album title seems to evoke a desire to escape and be away from the spotlight. Is that right?

It's a slightly almost joking comment on me, I guess. Everyone else spotted that aspect of the title. ... They're like, "Well, it's sort of perfect because you do keep disappearing." And it's like, "Really? Sorry!" I've never felt a need to sort of keep being in the public eye. I don't have that burning need. I do have a burning need to make music. I can't stop doing that and I don't want to stop doing that. Music is my thing and it's the way I see the world. And I love writing songs and I will always keep doing that.

Follow the melody

"I love writing songs and I will always keep doing that."

Dido
Talking about her passion for music.

Your husband wrote and is set to release a book that focuses on a father-son relationship. Has being a mother changed you creatively?

Obviously when you first have a kid, you're so focused on them and your brain slightly disintegrates. I don't know if anyone else has that, but it's just like, "Wow, where did my brain go?" Then it sort of comes back. ... Now I really see the world through his eyes and it gives this real freshness to everything. It's like if you thought you were going to run out of things to ever write about, you have a kid, then you're never going to run out because suddenly everything is sort of limitless again and fresh and new and it's like this amazing new start. THE ASSOCIATED PRESS

MAKE HEALTHY EATING FUN

It's hard enough to get your family to pry themselves away from their hectic schedules for meals let alone get them to eat healthy. Here are some tips on how to introduce healthy eating habits that will get your families excited about eating better!

1. Start introducing healthier choices into your family meals one at a time rather than trying to replace all of the not-so-healthy foods the kids love right away. Try to look for products and recipes that are really similar to their favourites so there's less of a battle at dinnertime.

2. Rather than making a big announcement about healthier eating which may get the kids' guards up, just start stocking the fridge and cupboards with everyday items that also have some hidden benefits. They may not even notice they're eating healthier!

3. Kids are notorious for being picky when it comes to trying something new but the fact is they're more likely to eat foods if they helped prepare them. Get the kids more involved by asking them to help prepare dinner or set some time aside to do a fun and easy baking activity.

4. If you want your kids to take healthier eating more seriously then you have to teach them by example. Be a role model by learning to read nutrition labels and teach your older kids some of the basic watch-outs as well. This way you can all make better choices and try to keep junk food out of the house.

5. Sitting down to family meals together is more important than ever. Kids who take part in regular family meals are more likely to try fruits, vegetables, and grains and are less likely to snack on unhealthy foods. If time is an issue, look for quick and easy options that require very little prep.

NEWSCANADA

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THINK ABOUT SUMMER LEARNING NOW

While it may seem like spring has just sprung, summer will be here before you know it. It's time to start thinking about summer learning plans.

Here are five reasons why planning for summer learning this spring is so important:

SUMMER IS GOING TO BE HERE SOON. Spring may have just begun, but before long, students will be studying for exams and handing in their final term projects. Which means that it's not too early to think about what kids are going to be doing this summer.

SUMMER CAN UNDO WHAT CHILDREN ARE LEARNING RIGHT NOW. Without maintaining learning momentum and study skills over the summer break, students easily forget everything they're working hard to learn right now, which means that next year, students need to repeat the same workbooks and materials they are learning right now.

SUMMER CAN HAVE AN IMPACT ON HOW CHILDREN LEARN NEXT YEAR. After a summer off, it can take kids up to three months to get back into the swing of learning. That represents a huge amount of wasted learning opportunities, and it means that students are not up to their potential from as early as the first day back to class.

KIDS WANT TO LEARN IN THE SUMMER. Research in summer learning studies shows that 56 per cent of students want to be involved in a summer program that helps them keep up with summer schoolwork or prepare for the next grade.

SUMMER PROGRAMS FILL UP FAST. Most programs are already accepting applications and taking reservations for summer enrolment. Schools, camps, and supplemental tutoring facilities such as Oxford Learning are no exception.

NEWSCANADA

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GROWING like a TALL tree

Hayden Panettiere. ALL PHOTOS GETTY IMAGES

Hayden Panettiere engaged to Klitschko?

Hayden Panettiere has secretly gotten engaged to her Ukrainian boxer beau, Wladimir Klitschko, according to Us Weekly.

"Very few people know, and she isn't wearing her ring publicly yet," a source says. "Looks like a summer wedding."

Panettiere and Klitschko split up in 2011 after two years of dating, and they have not officially confirmed they are back together, despite several public displays of affections over the past few months.

Sean Penn's son gets into fight with photographer

Sean Penn's 18-year-old son, Hopper, is proving to be just as much of a fan of the paparazzi as his dad, reportedly getting physical with a photographer outside a Beverly Hills building, according to TMZ.

Sean Penn.

The photographer claims he and Hopper argued before the young man shoved him. But while the photographer reportedly showed police footage of the incident when they arrived on the scene, he declined to press charges.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jon Hamm wants you to stop talking about his package

THE WORD
Meredith Engel
scene@metronews.ca

Jon Hamm is growing tired of the attention his private parts have been receiving.

"Most of it's tongue-in-cheek, but it is a little rude," he tells Rolling Stone of the photos spread online of his crotch. "They're called 'privates' for a reason. I'm wearing pants. Lay off."

Of course, the Mad Men star doesn't want to come off as a complainer.

"I mean ... There are harder jobs in the world," he says. "But when people feel the freedom to create Tumblr accounts... I feel like that wasn't part of the deal. But whatever. I guess it's better than being called out for the opposite."

Exactly. Better than the alternative, Hamm. We could be talking about your Hammapillar.

Justin Bieber

Did Bieber lay a beat down?

Justin Bieber is facing battery accusations made by a neighbour who claims the singer made threats during an argument near his Los Angeles-area home, according to E! News. No further details of Bieber's supposed behaviour were made available.

While no arrests were made or injuries reported, the L.A. Sheriff's Department is investigating the accusation.

"Everyone that we will need to talk to, we will talk to," a spokesman says. Bieber was stopping home in California this week between stops on his European tour.

Twitter

@SteveMartinToGo
I hope to go down in history with this historic Tweet. Yes, the one you are reading right now. It's got it all.

@kirstiealley
my timeline is broken... ouch

@lenadunham
Just turned around and my dog was opening an Amazon box. So, friends and family, great knowing you but it seems we have it covered here.

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SHOPPERS DRUG MART

Spring into a male makeover

Fashion. The change in the seasons brings a combination of classic staples and new trends, including suede, splashes of colour and blue suits

The wealth of fashion choices for men this spring will blow your mind—and your closet. ISTOCK

Men will soon be packing away the parkas and shelving heavy sweaters to make way for spring styles — and they'd be wise to leave plenty of closet space.

"I find menswear right now the best it's ever been. It's just more exciting, fun, colourful," says Melissa Austria, founder of Toronto menswear boutique Gotstyle.

While menswear doesn't change as rapidly as womenswear, it remains rooted in the classic staples — albeit with a twist, notes Shannon Stewart, assistant general merchandise manager for Harry Rosen.

"The polo is a great example. It's been around for decades and decades and we keep reinventing it really through colour and through silhouette," Stewart says.

Whether you're a fashion-forward fella or a style neophyte, Austria and Stewart have some tips on ways men can spring forward with their seasonal wardrobe.

1. Rainbow brights. It's not just flashes of colour in neckties, pocket squares, socks and collared shirts: a rainbow full of saturated shades are brightening up all facets of menswear.

"The overriding theme for the season is the sheer amount of colour," says Stewart. "Even from a psychological point of view, it just has an impact on a person. It instantly lifts their mood — and it can instantly lift a wardrobe."

Austria says the colours span the spectrum from reds to brighter greens to blues, oranges and yellows.

"It's a more toned-down silhouette. So, it's going to be a toned-down (coloured) chino that you're going to wear with a crisp white shirt. It's going to be a polo shirt that you're going to wear with dark jeans," she says. "It doesn't have to be that intimidating for guys."

Colourful patterns are also in the mix for spring, with smaller-scale houndstooth print, finer stripes and smaller grid checks in shirting, notes Austria.

While some men may have no qualms about donning pants in a bold hue or pairing a variety of shades within one look, both Austria and Stewart say more style-shy guys should start by opting for one core coloured piece.

Unsure of which shade to select? Stewart recommends blue, which she says is a "go-to colour" for many men.

"If they stay in that colour family of blues but maybe go a little bit lighter or a little bit more punchier with the blue, it's a simple way of just taking the blue up a notch from the usual navy or denim blue."

2. Tie one on. Bow ties are broadening beyond tuxedos and geek chic as a sleek alternative to neckties awash in vibrant hues, graphic patterns and even available in reversible varieties.

"Even if a man isn't planning on buying a new suit for the season, through dress shirts and ties ... or bow ties, you can easily freshen up a suit that you may have purchased within the last couple of years," says Stewart.

"We've seen a return to men wearing bow ties which is kind of fun. It's definitely a modern look, you have to be a little bit more confident in it, but it's just a great way to inject a little bit of life into the wardrobe."

Austria says the use of colourful, lighter-weight summer scarves — which has made a splash on the other side of the Atlantic — is poised to make waves closer to home.

"If you go to Europe, they've been showing them for 10, 15 years; and now we're slowly starting to see the guys embrace that in North America," she says.

3. Smart suiting. Austria says formal wear for men is true blue heading into spring after being "grey-driven" for some time. Austria says the new blue is a lighter hue and distinct from the midnight navy and darker shades of the classic colour.

"You can tell that it's blue and it's really fresh," she says. "I just find it more vibrant."

THE CANADIAN PRESS

Fun with footwear

Stewart says its all about suede and colours that pop.

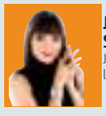
- "It's still breathable, it's a natural material and it adds just a little texture," she says.
- Try a coloured lace or coloured sole for subtler effects.

Not just for Pee-wee

"We've seen a return to men wearing bow ties ... It's definitely a modern look, and you have to be a little more confident."

Harry Rosen merchandise manager Shannon Stewart

Twitter



JEANNE SPACE
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The Kit

Canadian street style

Spotted in: Toronto

Adelle
Student
Age: 25

What she's wearing
Deena & Ozzy hat, T. Babaton coat, Lush blazer and collared shirt, BCBG jeans, Casa Blanca boots.

Her inspiration
"Fashion magazines and vintage patterns. I like colour blocking, intertwining old with the new, and dressing comfortable yet sophisticated."

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RELIEVE STOMACH PROBLEMS NATURALLY

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Got a nervous stomach?

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GI disorders affect millions of people of all ages, according to the International Foundation for Functional Gastrointestinal Disorders. The foundation explains that problems occur when nerves or muscles in the digestive tract or intestines impair function and cause everything from nausea, bloating and discomfort to cramping, heartburn, abdominal pain, and constipation and diarrhea. Diagnosed GI disorders include functional dyspepsia, irritable bowel syndrome, reflux and GERD. But many people experience symptoms periodically and often turn to antacids and other medications.

CONTRIBUTED

"With so many people looking for natural ways to manage their health today, it's worth a try to see if Iberogast will work for you — and most likely it will," says Iberogast spokesperson Garrett Sher.

Iberogast has been used in Europe and around the world for more than 40 years. Clinical studies show that it is safe and effective with no known side-effects. Patients use Iberogast when they are experiencing symptoms (20 drops in a glass of water or juice three times a day) or as a preventative measure for a chronic condition.

The main herb in Iberogast is iberis amara, which helps to soothe muscles in the gastrointestinal tract. It works together with lemon balm leaves, which calm a nervous stomach, peppermint leaves to treat cramping and gas, and chamomile that calms the gastrointestinal tract. Angelica relieves cramping and aids digestion, caraway fruit reduces gas, St. Mary's thistle supports the gastrointestinal tract, and licorice root and celandine treats cramping.

Speak to your doctor if your stomach problems last for more than five days.

DR. OZ WEIGHS IN

Iberogast is one of the worry "cures" for the stomach that were highlighted on a recent Dr. Oz show. "When the stomach is in knots, it's like an antacid, only better," says Dr. Mehmet Oz, a surgeon, author and TV personality, who was first introduced to audiences on Oprah.

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Coffee and chocolate go so well with this creamy cheese batter.

You can double this recipe: Bake it in a 10-inch pan and add another 10 minutes to the baking time, baking until the center is still loose.

Ingredients

- 1 1/2 cups chocolate wafer crumbs
- 2 tbsp water
- 2 tbsp sugar
- 1 tbsp vegetable oil
- 1 2/3 cups smooth light ricotta
- 1/3 cup softened light cream cheese
- 3/4 cup granulated sugar
- 1 egg
- 1/3 cup light sour cream or 2% yogurt
- 1 1/2 tbsp all-purpose flour
- 1 tsp pure vanilla extract
- 2 tsp instant coffee granules
- 2 tsp hot water
- 3 tbsp semi-soft chocolate chips
- 1 tsp vegetable oil

1. Spray an 8-inch springform pan with cooking oil. Preheat the oven to 350 F.

2. For the crust, combine the crumbs, sugar, water and oil. Mix thoroughly. Press into the bottom and up the sides of the prepared springform pan.

3. For the filling, beat the ricotta, cream cheese, sugar, egg, sour cream, flour and vanilla in a large bowl or food processor until well blended. Dissolve the coffee granules in the hot water. Add to the batter and mix until incorporated. Pour the batter over the crust and smooth the top.

4. Place the chocolate chips and oil in a small bowl and microwave on medium high for 30 seconds or just until soft. Drizzle the melted chocolate over the top of the batter. Draw a knife or spatula through the batter several times to create a marbled effect.

5. Bake for 35 to 40 minutes. The centre will be slightly loose when you jiggle the cake.

6. Cool on a rack. Refrigerate for at least 2 hours before removing the sides of the pan and serving.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

For your phone

Dash Eggs! (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

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*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 – December 16th, 2012. For more information visit www.bestnewproductawards.biz
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Skip deep-frying without losing that fried oyster flavour

This "Fried" Guinness Battered Oysters with Mustard Pickle Sauce recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1/2 to 3/4 cup Guinness Stout
- 1/2 cup all-purpose flour, plus extra for dusting the oysters
- Kosher salt
- 2 tbsp low-fat mayonnaise
- 2 tbsp plain Greek yogurt
- 1 1/2 tbsp finely chopped cornichons or dill pickle
- 1/2 tsp mustard
- ground black pepper
- 3/4 cup coarsely shredded carrots
- 3/4 cup finely shredded cabbage
- 1 1/2 tbsp cider vinegar
- Hefty pinch sugar
- 1 tbsp vegetable oil
- 12 oysters, shucked, reserving the bottom (curvier) shell to serve

1. In bowl, whisk 1/2 cup of the Guinness, 1/2 cup flour and 1/4 teaspoon salt. The batter should have the consistency of a thick pancake batter. If it is thicker than that, add additional beer. Let the batter rest for 30 minutes.

2. In small bowl, whisk mayo, yogurt, cornichons or pickle and mustard. Season with salt and pepper

3. In another small bowl, toss together the carrots, cabbage, vinegar, sugar and a hefty pinch of salt.

4. In nonstick skillet over medium, heat the oil. Dip the oysters in the additional flour to coat them on all sides. Transfer the coated oyster to a strainer to shake gently to remove excess flour.

5. Add coated oysters to the beer batter. Lift them from the batter, letting the excess batter drip off, then add them to the skillet. Cook until they are golden, about 2 minutes per side, then transfer them to paper towels to drain.

6. To serve, put oysters in reserved shells, then top each with a bit of the mustard sauce and some of carrot mix. Serve either on platter as hors d'oeuvres, or divide between 4 serving plates. Serve immediately.

THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Dinner. Indian Spiced Pork with Chutney

Escape to the exotic with this fresh tasting and easy to prepare Indian Spiced Pork with Peach and Mint Chutney recipe. Ideal for a weeknight family dinner, it can also easily be doubled for entertaining.

1. Drain peaches and reserve juice.

2. Heat oil in a medium saucepan over medium-low heat. Add onion, red pepper, jalapeno, ginger, garlic and cinnamon stick. Stir just until onion softens, 2 to 3 minutes.

3. Add vinegar, brown sugar, 1/4 cup (50 ml) peach juice and chopped peaches. Bring to a boil, reduce heat and simmer stirring until mixture thickens, 5 to 7 minutes. Remove from heat and cool. Once cool, stir in mint

4. Preheat oven to 400 F (200 C). Sprinkle pork all over with garam masala and salt. Place in small roasting pan and roast uncovered for about 25 minutes.

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes
Roast time: 25 minutes

- 1 (14 oz/398 ml) can California Cling Peach halves in fruit juice from concentrate, coarsely chopped
- 1 tbsp (15 ml) vegetable oil
- 1/4 cup (50 ml) each diced onion and red pepper
- 1 small jalapeno, seeded and minced
- 2 tsp (10 ml) peeled finely grated fresh ginger
- 1 garlic clove, minced
- 1 cinnamon stick
- 1/4 cup (50 ml) cider vinegar
- 1/4 cup (50 ml) brown sugar
- 1/4 cup (50 ml) coarsely chopped fresh mint
- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) garam masala (a blend of Indian spices available in the spice section of most supermarkets)
- Salt to taste

NEWS CANADA/CALCLINGPEACH.CA

HOME BREWING IS A FUN HOBBY

The London Homebrewers Guild is a close group of individuals who have taken the art of Home Brewing into a serious hobby.

The guild consists of a wide-variety of skills (from scientists and engineers to mechanics and millwrights) that make beer at home.

Being a brewer is no different than being a chef, and every homebrewer has their own style and preferred equipment. Some members of the guild buy a fermentable syrup concoction and mix it with grains and hops to produce a beer in a plastic bucket (with equipment and ingredients you can find at a neighbourhood brewshop such as BrewHaven), and other homebrewers have large stainless steel tanks in their basement and produce commercial volumes of brew – at the end of the day, the skill of making beer lies within the creativity of the brewer.

The guild is a central repository for equipment exchange, information sharing and a place to sample brews of other members. You can find our brews in competitions nation-wide, and even close to home such as the Railway City competition hosted in 2012.

If you're a homebrewer, or interested in really learning about the nature of beer brewing, stop by some time for a pint.

Something for every outdoor decorator

For summer. From au naturel to funky brights, outdoor decorating offers up many looks this year

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether you are someone who has fallen in love with nature's natural tones or are flipping for colourful brights this summer, there's something for everyone to help decorate the great outdoors.

Well-priced and national availability is what we're going for this week. Enjoy the pickings that are ripe for outdoor summer decorating.

Natural

Picnic basket

Get ready for a speed date with a fully stocked picnic basket for those visits to the park. Ventana Natural Picnic Basket offers a rustic look with trendy chevron weave, $52. crateandbarrel.com.

Woven texture candles

Add natural outdoor charm to your table with woven patterns on candles. Natural Woven textures meets beehive with the Brian Gluckstein's Texaline Pillar Candle for Hudson Bay, $8. thebay.com.

Brights

Outdoor light

Create night light with Outdoor Cube LED Light. Add a modern touch to your patio. The LED light features many colours and effects. $150. thebay.com.

Crocheted apple outdoor pouf

All-weather polypropylene brings casual seating to the patio in a contemporary, hand-crocheted round, perfect for lounging by the pool, $190. crateandbarrel.com.

Chevron-patterned rug

Add one of the season's biggest trends to the great outdoors with a Chevron-patterned, hand-hooked polypropylene rug in cream/brown, starting at $129. sears.ca.

Cement grey side table

Cool and contemporary style is easy to have. Handcrafted from stone composite and natural fibres, this makes the perfect stool or side table, $180. cb2.com.

Indoor/outdoor pillows

Artisan-inspired pillows create trendy pops of colour outside or in, $49-69. cb2.com.

Ontario Real Estate Association Board

How to downsize

COSTA POULOPOULOS
Ontario Real Estate Association Board

As baby boomers move closer to retirement, many are no longer interested in maintaining a large detached home.

From year-round maintenance to heating and cooling rooms that you may hardly ever use, your longtime home may become more house than you really need.

If you can't remember the last time you set foot in a room other than to clean it, it may be time to consider downsizing into something smaller and more suited to your current and future lifestyle.

In order to determine whether downsizing is the right option for you, it's important to consider lifestyle, as well as affordability.

When it comes to affordability, consider the remainder of your mortgage (if you have one) and figure out how much of your remaining mortgage debt you can pay off by looking at the principal owing compared to costs related to selling.

Be sure to take into account other housing costs related to your new space (such as reduced property taxes and utility fees) to get a clearer picture.

If downsizing seems to be a viable option, remember that condominiums have additional maintenance fees that can rise over time if the building doesn't have a sufficient reserve fund in place. Make sure to discuss this with your Realtor so you get the whole picture.

You also need to consider your current lifestyle. How many rooms do you need? How long will the kids be at home? How often do you have overnight guests? How much stuff can you get rid of? It's important to consider what you're willing to give up in return for a downsized space.

Future lifestyle is the final consideration in your downsizing decision. Do you have plans to travel after retirement? Is deteriorating health an issue?

Perhaps a single-level home like a bungalow or a low maintenance space like a condominium would suit your future needs.

With the children moved out and commuting time no longer a priority, proximity to family, friends and amenities may be a renewed focus.

Downsizing can be a great option if you are ready for it, and can enable you to live out many of your retirement dreams.

Just make sure that you have a plan and set realistic expectations about the move and what your new life and new home will look like.

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The next stage of green: pre-made homes

Prefab. Building homes off-site has many advantages

So much of what is in our homes these days is factory-made — toasters, furniture, toys — but not the homes themselves.

Most are still built on-site as opposed to being prefabricated and trucked in. That doesn't make sense, says Sheri Koones, author of four books on prefab housing, including the new Prefabulous and Almost Off the Grid: Your Path to Building an Energy-Independent Home (Abrams).

"Would you want your car to be built in your driveway?" says Koones, of Greenwich, Conn. "Of course you wouldn't. You want your car made in a climate-controlled factory by skilled professionals on an assembly line. Wouldn't you want the same thing for your home?"

Prefab housing, a concept that's been around at least since Sears and other companies introduced mail-order kits in the early 1900s, generally refers to factory-built modular and panelized housing.

They are built to the same code as traditionally built homes, with additional structural requirements to make sure they withstand being transported.

Depending on the home's size, multiple pieces (or modules) are delivered to a site and secured together onto the foundation in a matter of hours.

Prefab homes are typically 60 per cent to 90 per cent complete at the time of delivery, but often require an additional two or three weeks for finishing touches.

By contrast, mobile homes, which carry much of the stigma against prefabricated housing, are built to a more lenient federal code, arrive on their own wheels, depreciate quickly and are not generally zoned for urban use.

Because modular prefab homes are indistinguishable from site-built homes, they have become increasingly popular, pushed by the growing interest in green building.

"Prefab homes are much more efficient and environmentally friendly. There is so much less waste in the manufacturing process. Any excess materials can be recycled into other homes or sent back to the manufacturer instead of ending up in a dumpster," Koones says. "Because the materials aren't exposed to the elements, prefab houses avoid problems with mould, rot and bacteria."

She also cites worker health and safety as a benefit to building homes off-site. "Prefab construction professionals can work year-round, indoors, without being exposed to the elements."

Still, some consumers remain unsure of what a green home built off-site would entail.

Greenfab, a Seattle company, recently used a newly built prefab home as a teaching tool. After producing the first platinum LEED-certified prefab home in Washington state, Greenfab opened the modern house to the public for three months.

School groups, builders, buyers and non-profit groups toured it.

"People in the neighbourhood just saw a foundation in the morning, and came home to find a completed house," says Johnny Hartsfield, founder and president of Greenfab. "Our main goal as a company is to educate the public on the benefits of green and prefab. "

He also lists cost as a reason to go prefab. Since the homes are pre-designed, he says, there are no architect fees, time delays or cost overruns.

"Site building is loud and stressful," Hartsfield says. "We want to make building your home more exciting and fun — we don't want you to hate it or get divorced over it."

Prefab homes can be customized. Some companies offer environmental upgrades beyond standards such as low-VOC paint and efficient appliances.

"We can install the foundation for water collection and solar adaptability in our homes," Hartsfield says. "Even if they don't have the money to set up a full solar collection system, we can build their home with the infrastructure to do that down the line."

Of course, consumers still tend to choose homes based on gut reactions, emotional connections and personal taste.

"If houses aren't attractive, no one is going to want to build an efficient house," says Koones. "One of the misconceptions about prefab is that they're all modern, and not everyone likes modern. The truth is, most of the prefab being built in this country is actually traditional."

THE ASSOCIATED PRESS

Quoted

"One of the misconceptions about prefab is that they're all modern, and not everyone likes modern. The truth is, most of the prefab being built in this country is actually traditional." Author Sheri Koones

The exterior of a modern prefab house in Seattle. The home, created by Seattle company Greenfab, was the first platinum LEED-certified prefab home in Washington state. THE ASSOCIATED PRESS PHOTO/GREENFAB

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Top 10 trouble spots

According to Canada's professional renovators, a great many home renovation problems result from simple consumer misperceptions. Here are some of the most common ones, and why they can lead to trouble:

1 I don't need a professional renovator (i.e., anyone can do it). The question to ask yourself is: "Do I want the work done right?" If so, you will need someone with experience and skill, in short, "a pro."

2 I can do it myself. If the work is simple and involves things that you have actually done before (successfully), you may well be right. But a major renovation project isn't a good place for "on the job learning." Biting off more than you can chew is a major cause of renovation stress and headaches.

3 I can save a lot of money by acting as my own contractor. If you are an experienced construction manager, and you have the time, this may be the case. But remember, the contractor is the one responsible for managing everyone else involved in the project and for the results.

4 It's a small project, so it shouldn't take long. It's not necessarily the size of the job that dictates how long it will take, but the number of steps and sub-trades involved. Trust professional renovators to give you a realistic timeline — they know you can't rush quality.

5 A professional renovator should be able to give me a good idea of price right away. For a simple project, the renovator may well be able to provide a rough "ball park" estimate. But for anything more complex, or where structural issues may crop up, or where total costs will depend on material and finishing choices you have yet to make, a more detailed plan is needed before costs can accurately be estimated.

6 I must get at least three bids (and more is better). Getting a large number of bids provides no assurance that things will work out the way you want them to. Who you get bids from is far more important than how many you collect. Focus on interviewing professional renovators, and look for the experience and qualifications that best match your project, as well as the personal fit between you and the renovator.

7 I am the best person to design my own renovation. True, you know your own house better than anyone, and you may know exactly what you want. But a professional renovator or designer draws on a wealth of experience and knowledge, and can offer you ideas and suggestions, large and small, that you may never have thought about, adding extra value and living enjoyment to your home.

8 Cost overruns are usually the renovator's fault. Extra costs are almost always due to extra work that was not included in the original plan. Something unexpected pops up, like having to replace old wiring in the walls. To be ready for the unexpected, add a 10 to 15 per cent contingency fund to the budget.

9 I can probably get away without a permit. Perhaps you can, but depending on your project, it may be illegal (e.g., renovations involving structural issues usually require a permit) and, as the homeowner, you are the one responsible. A professional will always recommend getting all the necessary permits and inspections, and will usually look after this on your behalf.

10 Once it's done, I don't have to worry about it for a long time. True, when the work is done well and professionally, you can look forward to low-maintenance living. However, you still have to look after your home — i.e., arrange for annual check-ups and service calls, do seasonal upkeep, and so on.

CHBA/CANADIAN RENOVATORS' COUNCIL

If you want your renovation to go smoothly, you should find someone with experience and skill, in short, "a pro." ISTOCKPHOTO/THINKSTOCK

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RESOLVING LANDLORD AND TENANT ISSUES

If a landlord raises an issue about non-payment of rent at a Landlord and Tenant Board hearing, the tenant can respond if they agree or disagree with what the landlord is asking for in the application and why.

A tenant can raise any other issue they have about their tenancy that they could have raised had they filed their own application with a member of the board. For example, if the tenant has concerns about outstanding maintenance problems or they think their rent is unlawful, they can tell the member about these issues as well. If a tenant is going to raise other issues, they should make sure to come prepared with any evidence they have.

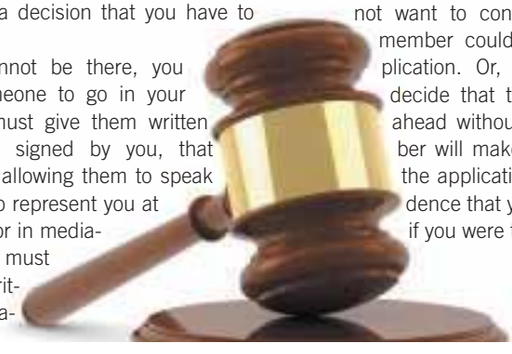
You are not required to have a lawyer or agent with you at a hearing – you can present your own case to the Member. But, if you think that your case is difficult, or you would feel more comfortable if a lawyer or agent presents your case, you can hire one. This is a decision that you have to make.

If you cannot be there, you can ask someone to go in your place. You must give them written authorization, signed by you, that says you are allowing them to speak for you and to represent you at the hearing (or in mediation). They must bring this written authorization with them to the hearing so that the member knows that you have given them permission to represent you.

The person representing you can be a relative, a friend, or an agent that you have hired specifically to take your place at the hearing, or if you have hired a lawyer, it could be your lawyer.

Your hearing date can only be changed if you get all the other parties to agree. If all the parties agree, you should tell the board in writing that you would like the hearing to be rescheduled. Otherwise, you have to come to the hearing (or send someone on your behalf who has your written authorization) to ask if the hearing can be changed to a new date. If the member says no, the hearing will take place on that day.

If you do not arrive by the time your hearing starts, a member can do one of these things. The member may decide that you have abandoned your application and do not want to continue with it. The member could dismiss your application. Or, the member may decide that the hearing will go ahead without you. The Member will make a decision about the application without the evidence that you may have given if you were there.



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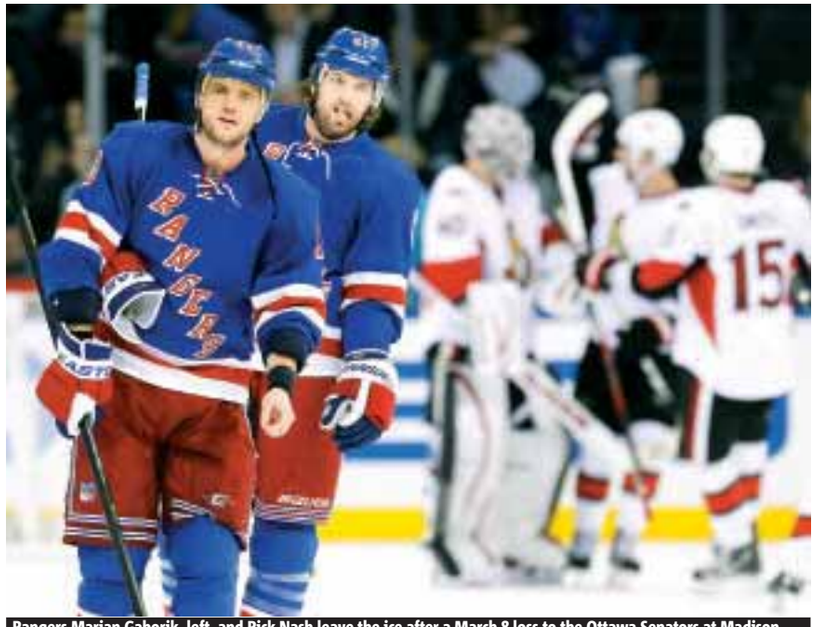
SPORTS 4

Running out of time in Manhattan

NHL. East's No. 1 seed in 2012 now clinging to conference's final playoff spot with month to go



Rangers Marian Gaborik, left, and Rick Nash leave the ice after a March 8 loss to the Ottawa Senators at Madison Square Garden. New York is clinging to a playoff spot in the Eastern Conference. MIKE STOBE/GETTY IMAGES

About 14 months ago, New York Rangers owner James Dolan made a rare stop at a postgame press conference and proclaimed his team fit for a championship.

"I think we're pretty close to getting that back," Dolan said of the Stanley Cup.

Get it back? Even with some big pieces, the Rangers would be happy this season just to get back to the playoffs. The Rangers are closer to missing the post-season than being anywhere near contention for a top spot in the Eastern Conference. Hanging on to eighth place by two points over the New York Islanders on Wednesday, the Rangers start the final month of a shortened regular season desperately trying not to fall from top seed to missing out in one year.

"I just think we have good people and sooner or later they're going to get out of it," Rangers coach John Tortorella said. "It's kind of in a little bit of a sprint here because we don't have a full season, we just have this month here. I hope it happens quickly."

The Rangers hope Tuesday's dominant 5-2 win over a Philadelphia team they have just owned the last two years helps build some steam for a playoff push. But it won't be easy. They have road games at playoff-bound Ottawa and Montreal and then another three games before an April 6 date at Carolina, the only team in a six-game stretch not currently slotted into a playoff spot.

The Rangers were expected to be the class of the East after a season in which they made the conference finals and were the No. 1 seed in the conference. Little depth, even less chemistry, overhyped forwards, and injuries, notably to defenceman Marc Staal, have left the Rangers (16-3-3; 35 points) foundering in eighth.

But there's plenty of time. After all, they just need to make the tournament at this point. What happens beyond that juncture is anyone's guess.

THE ASSOCIATED PRESS

Quoted

"We have to battle right now for each point."

Reigning Vezina trophy winner Henrik Lundqvist

Nash on his own

The Rangers are getting the production they hoped from Rick Nash (12 goals, 28 points) after a big off-season trade with Columbus.

- But sniper Marian Gaborik (9 G, 19 A) has been hit and miss, while former first-line centre Brad Richards (5 G, 13) has been an outright disappointment.

MLB

Happ breaks camp with Toronto

Toronto Blue Jays manager John Gibbons maintained all along that left-hander J.A. Happ belonged on the team. Now it's official.

The demotion of left-hander Ricky Romero on Tuesday put Happ in the Blue Jays starting rotation as fifth starter.

Happ had a good spring training, while Romero did not. Regardless, Gibbons felt Happ deserved a role with the Blue Jays despite the early plan to have him open the season in the starting rotation at triple-A Buffalo.

"No doubt, even if he had a bad spring he deserved to be on the team," Gibbons said Wednesday before the Blue Jays defeated the Tampa Bay Rays 6-1. "He's a proven big-league pitcher."

THE CANADIAN PRESS

MLB opening day

Geddy Lee to throw first pitch of Jays campaign

Rush frontman Geddy Lee will throw out the ceremonial first pitch when the Toronto Blue Jays open their 37th regular season on Tuesday night against the Cleveland Indians.

The vocalist, bassist and keyboardist of the Toronto rock band has been a longtime Blue Jays season-ticket holder and baseball fan. Lee and his Rush bandmates Neil Peart and Alex Lifeson will be inducted into the Rock and Roll Hall of Fame on April 18. THE CANADIAN PRESS

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Weir proud of impact his Masters win has had on Canadian golfers

10 years later. Former champion relives victory

When Mike Weir made his acceptance speech after winning the 2003 Masters, he said he hoped that his victory would inspire some young Canadian golfers.

It certainly did.

It's impossible to know just how many Canadian kids picked up a golf club after watching Weir beat Len Mattiace in a playoff that day at Augusta National. But the impact of Weir's performance is already visible on the PGA Tour.

Weir said he thought it was "pretty cool" to hear that Canadian player Graham DeLaet didn't have plans to become a professional golfer until he watched that Masters victory. He added he's very proud of the fact that his win may have influenced the next generation of young golfers in this country.

Mike Weir is presented with the green jacket by Tiger Woods after winning the Masters in Augusta, Ga., on April 13, 2003. GETTY IMAGES FILE

"If that did inspire Graham and some of the other guys, that's wonderful." Weir said. "That makes it worth it."

Weir, from Bright's Grove, Ont., became the first Canadian-born men's player to win a major and the first left-hander to win the Masters. He weighed in on the accomplishment Wednesday as the 10th anniversary of his victory approaches.

The 42-year-old southpaw, who now lives in Utah, said the memories came rushing back during a recent visit to the famous course.

"Going back there a couple weeks ago, I kind of relived some of the shots maybe a little more than I normally would," he said.

One of the more memorable shots on that final Sunday came on the 18th green. Weir hit a clutch eight-foot putt and went on to win the playoff.

"It was a big moment so to be able to step up there and do that, I was proud to be able to do that," Weir said.

Weir is nursing a rib injury but still plans to be in the field at Augusta for the April 11-14 tournament.

"Maybe I'll get down there a little early and maybe this rest will do me some good because I have been spending a lot of time practising," he said. "I've put in a tremendous amount of work.... Maybe this little break here will be good."

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Now that the effects of the full moon are starting to fade, you will soon be back to your best. The various parts of your personality will quickly come into perfect alignment.

♉ Taurus
April 21 - May 21
The impossible looks easy to you at the moment. Forget about being practical: Let your imagination guide you in new directions over the next few days. If you want to know your future, look to your fantasies.

♊ Gemini
May 22 - June 21
There is no need to feel guilty just because some people have not been as fortunate as you. There is no such thing as luck: It is all part of the grand design. You must have done something to deserve it.

♋ Cancer
June 22 - July 23
What do you want to achieve in life? What do you want to be remembered for? If you make the right moves and talk to the right people today, you can give your reputation, and your dreams, a major boost.

♌ Leo
July 24 - Aug. 23
Life seems to be effortless at the moment. Everything seems to be falling into place. Cosmic activity in your fellow Fire sign of Aries suggests that your efforts will pay off in big ways — so get busy.

♍ Virgo
Aug. 24 - Sept. 23
What happened around the time of yesterday's full moon means there is no room left for denial. The time has come to face up to reality. What you think is a problem won't be a problem much longer

♎ Libra
Sept. 24 - Oct. 23
You can be a hit with important people today — if you project the right image. First impressions are important, so make sure what you do is in line with your long-term goals.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you have done something that is worth shouting about, you should try to maintain a modest manner. Authority figures know what you are capable of and what you have accomplished.

♐ Sagittarius
Nov. 23 - Dec. 21
You have the courage and the confidence to do something out of the ordinary. But remember you are still human, you still have limits, even though your limits may be wider and higher than others'.

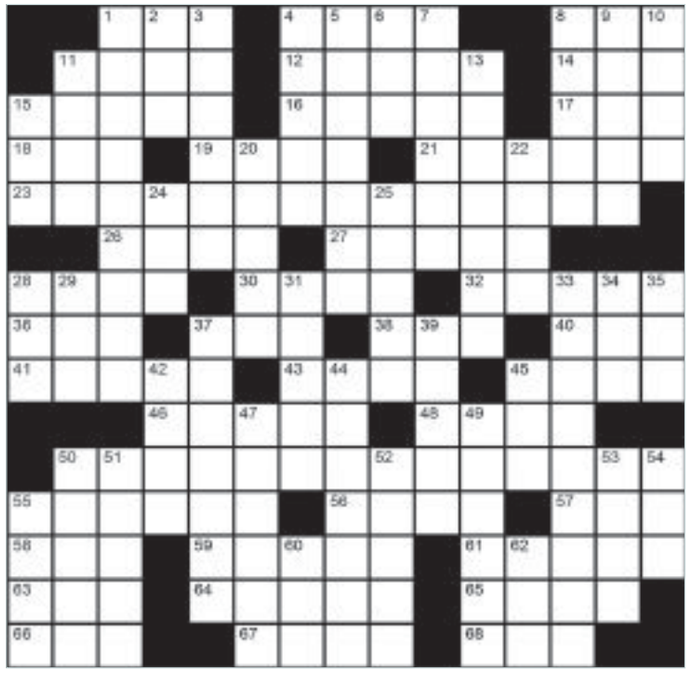
♑ Capricorn
Dec. 22 - Jan. 20
You may be determined to change your life but it seems not everyone agrees with the way you intend to do it. That does not matter. The only thing that counts is that you believe in yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You have the ability to notice things that others tend to overlook and that ability will come in use today. If knowledge is power then you have more power than just about everyone.

♓ Pisces
Feb. 20 - March 20
Your attitude to money seems to have changed a bit over the past few days. But you need to realize that although you may not care so much for the material world, you still have to live in it. SALLY BROMPTON

Crossword: Canada Across and Down

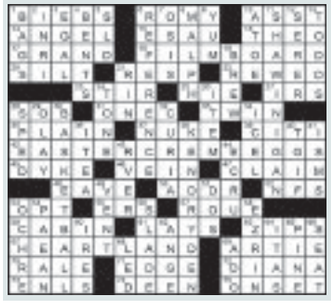
BY KELLY ANN BUCHANAN



Across
1. Small film role, __ part
4. Perry Mason's Canadian portrayer, Raymond __
8. Gladiator's 1060
11. Music's Ms. Turner
12. Bitter-__ (Diehard)
14. Be out of sorts
15. Farmland
16. Outpouring
17. Gun the engine
18. "Lord, is __ _?" (Last Supper question)
19. "Rebel Yell" singer Billy
21. From whom the new Pope takes his name, St. Francis of __
23. Canada's government, __ Monarchy
26. Leavin'
27. Category
28. Flow
30. "Egad!" sound interpretation
32. Mr. Savalas
36. Mauna __ (Hawaiian volcano)
37. Ben, to Brian
38. __ and outs
40. Battery size
41. _ __ of the tongue
43. "Look, all done!"
45. Clouseau's li'l rank
46. __. wage
48. 'D' of CD, variantly
50. Hockey legend nicknamed 'The Rocket': 2 wds.
55. Preacher's podium
56. Emperor of Rome
57. GBS part (Canadian band)
58. Entirely
59. Swap stock
61. "Of course!", in slang
63. __ Chi
64. Two-__
65. Islands: French
66. 'Eug' ender (Mr. Levy)
67. Some fishies
68. Paramedic's skill, commonly

Down
1. Speaks French and English
2. Percentage on a chg. card
3. South Pacific island painted by Paul†Gauguin
4. Stupefy
5. Puts away the electric guitar, uses the acoustic
6. Nutritional suggested amount [acronym]
7. Keep back
8. "West Side Story" (1961) role
9. Teenager in "The Sound of Music" (1965)
10. 46 in old Rome
11. The Jackson 5 member
13. Luxury getaways
15. __-Tac-Toe
20. Wild†dog of Australia
22. Snick-or-__
24. Chicago White __
25. Lukewarm
28. Miami, __.
29. Rock's __ Lonely Boys
31. Shenanigan
33. Bomber aircraft of the Allies in WWII, Avro __
34. Elvis movie: "Viva __ Vegas" (1964)
35. Mouth, slang-style
37. Ghosts
39. Low point
42. "It's my turn!": 2 wds.
44. Revised
45. Suffix meaning 'somewhat'
47. __ acid
49. Like a widely-recognized symbol
50. Disney flick of 1998 set in China
51. "Kate & __" ('80s sitcom)
52. Marsh plants
53. Tapes a show, for short
54. Morse Code bit
55. Hors d'oeuvre spread
60. Shakespeare's Much __ About Nothing
62. Matterhorn, for one

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5	2	3		9	
3								2
		7				6		
5	4		8		7		3	1
				9				
7	6		3		4		2	8
		3				8		
6								5
	9		6	8	2		1	

Yesterday's Sudoku

7	5	9	2	1	6	4	8	3
3	1	8	5	4	7	6	9	2
2	4	6	3	8	9	1	5	7
4	6	1	7	3	5	9	2	8
9	3	2	8	6	4	5	7	1
5	8	7	1	9	2	3	4	6
8	9	4	6	7	3	2	1	5
1	2	3	9	5	8	7	6	4
6	7	5	4	2	1	8	3	9

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WHEN By Easter Monday

WHAT Non perishable food. Most needed items include - tinned meats and fish, pasta and sauce, cereal, baby food and formula, peanut butter, tinned fruits and vegetables

WHY London food bank helps on average 3500 families (or 8600 people) a month as well as helping over 20 different social agencies

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